

# City of San Bruno Fall & Winter 2010



Youth & Middle  
School Sports  
see page 23 for  
details



Winter Vacation  
Camp  
see page 9 for  
details



Family  
Overnight  
See inside  
cover for  
details

Community Services Activity Guide



# FAMILY OVERNIGHT IN SAN BRUNO CITY PARK

**COST: \$12 PER PERSON**

**FRIDAY, SEPTEMBER 10 @ 6PM TO SATURDAY SEPTEMBER 11 @ 9AM**

**CODE: 5591.301**

Bring your family out to San Bruno City Park and enjoy a hot dog BBQ, fun relay races and games, watch a movie in the park and then sleep over in your tent. Each family should bring a tent, sleeping bags, flashlights, and warm clothes. All children under 18 years of age must be accompanied by an adult. For more information, contact Jennie at 616-7184. Must have a minimum of 50 participants by Friday, September 3. **Register Early!**



The City of San Bruno and the Culture & Arts Commission  
present

## Movies in City Park

**San Bruno City Park near the tennis courts.  
Movies begin at dusk.**

Friday, September 3 - Back to the Future

Friday, September 10 - Finding Nemo  
(same night as Family Overnight!!)

Friday, September 17 - The Karate Kid

Friday, September 24 - Up



Contact John Alita at 650-616-1707 or [jalita@sanbruno.ca.gov](mailto:jalita@sanbruno.ca.gov) for more information.

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## City Offices Close Due to Work Furlough

City offices will be closed on the following days as part of a six day work furlough program.

August 13, 2010      February 11, 2011  
October 8, 2010      April 8, 2011  
December 10, 2010      June 10, 2011

All scheduled recreation programs such as camp, swimming and classes will continue as scheduled on August 13.

# Class Locations

**Allen School:** 875 W. Angus, SB  
**Bay Badminton Center:** 1611 Adrian Rd. Burlingame  
**Belle Air School:** 450 Third Avenue, SB  
**Belle Air Community Center:** 400 3<sup>rd</sup> Avenue, SB  
**Crestmoor Elementary School:** 2322 Crestmoor Drive, SB  
**Edward Jones:** 1001 Sneath Lane, Suite 107, SB  
**El Crystal Elem. School:** 201 Balboa Way, SB  
**First Place Fencing School:** 835 E. San Carlos Ave, SC  
**Forest Hill Christian Church:** 250 Laguna Honda Blvd. SF  
**Dojo USA:** 731 Kains Avenue, SB  
**Grundy Park:** Cherry Avenue, SB  
**Ice Center:** 2202 Bridgepointe Parkway, SM  
**John Muir Elementary:** 130 Cambridge Lane, SB  
**Millbrae Recreation Center:** 477 Lincoln Circle, Millbrae  
**Millbrae Skate Park:** Millbrae Avenue, Millbrae  
**Monte Verde Elem. School:** 2551 St. Cloud Drive, SB  
**Pacifica Recreation Center:** 540 Crespi Drive, Pacifica  
**Parkside Elementary School:** 1801 Niles Avenue, SB  
**Planet Granite:** 100 El Camino Real, Belmont  
**Portola Elem. School:** Amador & Lake Drive, SB  
**Rollingwood Elementary School:** 2500 Cottonwood, SB  
**SSF Municipal Building:** 33 Arroyo Drive, SSF  
**Tanforan Professional Center:** 1405 B Huntington, SSF  
**Veterans Memorial Recreation Center:** City Park -  
 251 City Park Way (Crystal Springs @ Oak Ave.), SB  
**Vibo Music Center:** 488 San Mateo Ave., SB

## Thank You

### Concerts at the Rotary Pavilion Sponsors

#### Gold Sponsors

Artichoke Joe's  
 San Bruno Cable TV  
 Recology San Bruno  
 San Bruno Rotary Club

#### Silver Sponsors

The Shops at Tanforan  
 Worldwide Chiropractic

#### Bronze Sponsors

La Petite Baleen, Inc.  
 Marshall Realty  
 San Mateo Credit Union  
 SkyPark  
 Tony's Auto Repair

# City Contact Information

## San Bruno City Council

Jim Ruane, Mayor • Rico E. Medina, Vice Mayor • Ken Ibarra • Irene O'Connell • Michael Salazar  
The City Council meets the 2nd & 4th Tuesdays of each month at 7:00pm.  
Council meetings are held at the San Bruno Senior Center, 1555 Crystal Springs Road

## San Bruno City Manager

Connie Jackson

## Parks & Recreation Commission

Lorry Greenberg, Chair • Stephan Marshall, Vice Chair • Laura Davis • Tom Lara • David Nigel  
Greg Pierce • Lucy Zamattia • Sierra Bower, Youth Representative  
The Parks & Recreation Commission meets the 3<sup>rd</sup> Wednesday of each month at 6:30pm.  
Commission meetings are held at San Bruno City Hall, 567 El Camino Real, Room #115.

## Senior Advisory Board

Bill Goff, Chair • Barbara Luzaich, Vice Chair • Dorothy Carmichael • Elisa Gerald  
Loretta Groulx • Ken Kreisel • Arland Sponsler

The Senior Advisory Board meets the 3<sup>rd</sup> Tuesday of each month at 8:30am.  
Advisory Board meetings are held at the San Bruno Senior Center, 1555 Crystal Springs Road.

## Culture & Arts Commission

Emile Hons, Chair • Bardi Rosman Koodrin, Vice Chair • Barbara Gallo • Jeanne George  
Carolyn Livengood • Tami Parker • Melodie Tobin

The Culture & Arts Commission meets the 3<sup>rd</sup> Thursday of each month at 6:30pm.  
Commission meetings are held at San Bruno City Hall, 567 El Camino Real, Room #115.

## Community Services

Randy Schwartz, Community Services Director 650-616-7181  
Jackie Mattias, Executive Assistant 650-616-7185

### Recreation Services

Danielle Brewer, Recreation Services Manager 650-616-7182  
Jennie Tucker, Recreation Services Supervisor 650-616-7184  
Dee Fabela, Recreation Services Supervisor 650-616-7183

### Library Services

John Alita, Assistant Library Director 650-616-7017  
Barbara Bruxvoort, Children's Services Manager 650-616-7014  
Linh Reifschneider, Circulation Services Manager 650-616-7078  
Tim Wallace, Library Services Manager 650-616-7084

### Senior Services

Wendy Mines, Recreation Services Manager 650-616-7151  
Mary Tessier, Recreation Services Supervisor 650-616-7152  
Gloria Deeter, Nutrition Manager 650-616-7154  
Susan McCaman, Social Services Coordinator 650-616-7155  
Ron Miles & Larry Levine, Senior Bus Drivers 650-616-7150

### Parks & Facilities Services

Steve Freitas, Parks & Facilities Manager 650-616-7196  
Jeff Madonich, Parks Field Supervisor 650-616-7194  
Rene Walsh, Parks Field Supervisor 650-616-7193

## Field Condition Hotline

650-616-7180 press 6

## Website

[www.sanbruno.ca.gov](http://www.sanbruno.ca.gov)

## City of San Bruno Community Services Facilities

### Veterans Memorial Recreation Center

251 City Park Way  
Phone: (650) 616-7180  
Fax: (650) 583-2545

#### Business Hours

Monday - Thursday	8:00am - 9:00pm
Friday	8:00am - 5:00pm
Saturday	9:00am - 1:00pm
Sunday	Closed

#### Mailing Address

567 El Camino Real  
San Bruno, CA 94066

### Parks & Facilities Division

1125 Crystal Springs Avenue  
Phone: (650) 616-7195  
Fax: (650) 225-9314

### Senior Center

1555 Crystal Springs Road  
Phone: (650) 616-7150  
Fax: (650) 589-8219

#### Business Hours

Monday - Friday 8:00am - 4:00pm

### San Bruno Public Library

701 Angus Avenue West  
Phone: (650) 616-7078  
Fax: (650) 638-0399

#### Business Hours

Monday - Thurs	10:00am - 9:00pm
Friday	1:00pm - 5:00pm
Saturday	10:00am - 5:00pm
Sunday	Closed



# Commissioners & Advisory Board Members



## Parks & Recreation Commission

From Left to Right: David Nigel,  
Stephen Marshall-Vice Chair,  
Laura Davis, Bob Stanton,  
Sierra Bower-Youth Representative,  
Lucy Zamattia, Lorry Greenberg-Chair,  
Greg Pierce, Tom Lara



## Culture & Arts Commission

Back Row: Emile Hons, Melodie Tobin,  
Tami Parker, Jeanne George.  
Front Row: Carolyn Livengood,  
Bardi Rosman Koodrin-Chair,  
Barbara Gallo-Vice-Chair.



## Senior Advisory Board

Back Row: Elisa Gerald, Dorothy  
Carmichael, Barbara Luzaich - Vice Chair  
Front Row: Loretta Groulx, Ken Kreisel,  
Bill Goff-Chair, Arland Sponsler

# Picnic Site Rental & Park Information

## Peak Rental Rates (March 1-October 31)

### San Bruno City Park

Small Areas (Areas 1-6 & 8-11):	\$85 Resident, \$107 Non-resident
Medium Areas (Areas 7 & 12):	\$95 Resident, \$119 Non-resident
Large Area (Beckner Shelter):	\$300 Resident, \$375 Non-resident

### Commodore Park

Small Areas (Areas 1-3):	\$85 Resident, \$107 Non-resident
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### Grundy Park

Small Area (Area 1):	\$85 Resident, \$107 Non-resident
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## Off Peak Rental Rates (November 1-February 28)

### San Bruno City Park

Small Areas (Areas 1-6 & 8-11):	\$40 Resident, \$50 Non-resident
Medium Areas (Areas 7 & 12):	\$50 Resident, \$63 Non-resident
Large Area:	\$150 Resident, \$188 Non-resident

### Commodore Park

Small Areas (Areas 1-3):	\$40 Resident, \$50 Non-resident
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### Grundy Park













































































Small Area (Area 1):	\$40 Resident, \$50 Non-resident
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## Alcohol Permit: \$10

## Picnic Rental Policy

Picnic reservations can now be made up to 1 year in advance.

For example, when August is complete, picnic area reservations for the following August will be taken.

Park	Location	Acres	Amenities									
Bayshore Circle Park	N. Bayshore Circle	1										
Belle Air Field/Lions Park	S. End 1st & 3rd Aves.	3										
Buckeye Park	Rosewood Dr. near Madison Ave.	7										
City Park	Crystal Springs @ Oak Aves.	31										
Commodore Park	Commodore Dr. @ Cherry Ave.	4										
Crestmoor High Fields	Top of Courtland Dr.	12										
Earl & Glenview Park	Earl Ave. @ Glenview Dr.	2										
Fleetwood Tot Lot	Fleetwood near Rollingwood Dr.	1/2										
Forest Lane Park	Forest Ln. @ Green Ave.	4										
Grundy Park	Cherry & Park Aves.	4										
Herman Tot Lot	Diamond & Herman Sts.	1/4										
Lomita Park	500 San Anselmo Ave.	1/4										
Monte Verde Park	Oakmont @ Evergreen Drs.	5										
Pacific Heights Park	Longview @ Goodwin Drs.	5										
Ponderosa Park	Pacific Heights Blvd @ Seacliff Way	1/4										
Posy Park	San Mateo @ Huntington Aves.	1/4										
7th Avenue Park	7th @ Angus Aves.	1/2										
7th & Walnut	7th @ Walnut Aves.	1										

 Picnic Tables	 Track	 Dog Run	 Water	 Baseball Diamond	 Restrooms	 Soccer	 Benches
 Tennis Courts	 Basketball Courts	 Exercise Course	 5 & Under Equipment	 5-12 Years Equipment	 Barbecues		

# Facility Rental Information

Facilities are available for reservation at the San Bruno Veterans Memorial Recreation Center and San Bruno City Park. Apply in person at the Recreation Center Office located in San Bruno City Park, 251 City Park Way, Monday through Thursday from 8:30am to 8:30pm, Friday from 8:30am to 4:30pm, and Saturday from 9:30am to 12:30pm. For further information, call (650) 616-7180.

## **Veterans Memorial Recreation Center Meeting Room Rental Fees**

Maximum of 140 people

1st Four Hours: \$252 Resident, \$316 Non-resident

Each Additional Hour: \$63 Resident, \$79 Non-resident

Set Up/Break Down/Cleaning: \$200

Cleaning/Security Deposit: \$400

Kitchen Included

## **Veterans Memorial Recreation Center Conference Room Rental Fees**

Maximum of 20 people

\$15 Resident, \$18 Non-resident (per hour)

(cleaning/security deposit): \$100

## **San Bruno Senior Center**

Nestled in the natural setting of San Bruno Park, the San Bruno Senior Center offers nearly 5,000 square feet of floor space in the multipurpose room. Reservations must be made at the Senior Center, Monday through Friday from 8:30am-3:30pm. For further information, call Wendy Mines, Recreation Services Manager, at (650) 616-7151.

## **Tennis Courts at City Park**

\$30 per court (four hour minimum)

## **Athletic Fields**

\$30 per Hour

Additional cost for lights if using after dark.

Call 650-616-7182 for field availability.

## **San Bruno Park Pool**

Pool available through November only

Sundays from 4:30-6:30

\$120 Resident, \$150 Non-resident (per hour)

Over 50 Swimmers additional \$20 per hour

Additional rental of small pool \$20 per hour



## **Veterans Memorial Recreation Center Gymnasium Rental Fees**

(Per Hour): \$100 Resident, \$125 Non-resident

(cleaning/security deposit): \$100

No Food Allowed

## **Rotary Pavilion at City Park**

\$50 Resident, \$63 Non-resident (per hour)

\$100 Deposit

Maximum of 50 persons in attendance.

No amplified music or sound.





# Fall Special Events



## Friday Evenings 6:00pm in San Bruno City Park

August 6	Double Funk Crunch
	Disco & 80's
August 13	City Rocks
	60's - 80's SF Rock
August 20	The Refugees
	Tom Petty Tribute Band
August 27	Just for Kicks
	Classic Rock and R & B

## SAN BRUNO ARBOR DAY CELEBRATION Come help green up San Bruno and plant a tree!

Date: Saturday, October 16

Time: 9:00am

Location: 1125 Crystal Springs Ave.  
meet at the Parks Corporation Yard  
Info:

- We will assign volunteers to work in groups led by City Staff
- We will provide all gloves and tools
- Morning refreshments will be provided for all volunteers
- Volunteers under the age of 18 are welcome and will need to be accompanied by an adult
- Volunteers need to provide transportation to tree planting locations
- A waiver must be filled out and signed by all participants

### Arbor Day Volunteer Form

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

I would like to volunteer  
to help plant trees at:

- ☐ City Park  
☐ Buckeye Park

Mail to:  
Arbor Day Celebration  
567 El Camino Real  
San Bruno CA, 94066

Hand deliver to:  
Recreation Center  
251 City Park Way  
San Bruno, CA 94066

## Clean Sweep Flea Market

Sunday, August 15 (code 5553.302)

9:00 am - 4:00 pm

in Commodore Park

Sunday, September 12 (code 5553.303)

9:00 am - 4:00 pm

in San Bruno City Park

### Per Flea Market

\$38 Resident, \$48 Non-resident

Here is a chance for families to rent a 10' x 20' space in San Bruno City Park to sell furniture, records, clothing, sporting goods, and more. The San Bruno Community Services Department reserves the right to refuse any item offered for sale. All unsold goods must be removed by the seller no later than 5pm.

To reserve your space, return registration form (page 41 and payment to:

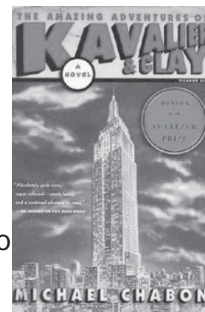
Flea Market  
San Bruno Recreation Center  
567 El Camino Real  
San Bruno, CA 94066

For additional information,  
contact Jennie at 650-616-7184.

## One Book One Community **The Amazing Adventures of Kavalier & Clay**

by Michael Chabon

Peninsula Library System is pleased to announce its 2010 fall reading program with the selection of Michael Chabon's Pulitzer Prize-winning novel, *The Amazing Adventures of Kavalier & Clay*.



### Kick Off Event

Thursday, October 7, 2010

San Mateo Performing Arts Center  
600 N. Delaware Street, San Mateo  
7:00 PM

Free and open to all!

Michael Chabon appears LIVE to discuss his novel,  
answer audience questions and sign books.



# Special Events & Vacation Camp

## Winter Vacation Camp

It's almost Winter Vacation again and you are probably looking for something for your children to do during their school break. San Bruno Community Services Department is offering Winter Vacation Camp! Participants will join Recreation Leaders in games, songs, cooking, sports, arts and crafts, gift making and all around fun. Recreation Leaders will keep your children active all day! Bring a bag lunch each day!  
No Camp 12/23, 12/24 Ages 4-11.

Cost: \$219 Resident, \$234 Non-resident  
Location: San Bruno Recreation Center Community Room  
Instructor: Recreation Leaders  
Time: 10:00am-4:00pm  
Days: Mon-Wed (1<sup>st</sup> week) & Mon-Thurs (2<sup>nd</sup> week)  
4-5 years  
2610.401 10:00am-4:00pm 12/20-12/30  
6-8 years  
3610.401 10:00am-4:00pm 12/20-12/30  
9-11 years  
3610.402 10:00am-4:00pm 12/20-12/30

## Winter Vacation Camp Camp PLUS!

This program is designed for parents who need extended care or for those children who just can't get enough camp. Recreation Leaders will be on site to play games, do craft projects and sing songs. No Camp 12/23, 12/24 Ages 4-11.

Cost: \$35 Resident, \$44 Non-resident  
Location: San Bruno Recreation Center Community Room  
Instructor: Recreation Leaders  
Days: Mon-Wed (1<sup>st</sup> week) & Mon-Thurs (2<sup>nd</sup> week)  
3611.401 7:30-10:00am 12/20-12/30  
3611.402 4:00-6:00pm 12/20-12/30

## Visit From Santa Open to San Bruno Residents Only!

Fee: \$30 per 5 children.

Visits approximately 10 minutes per household.

Registrant's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Night Phone: \_\_\_\_\_ # of Children Attending: \_\_\_\_\_

Please indicate date and time by placing a "1" in first choice time and a "2" in your second choice time, etc. We will try to accomodate first choices.

### Saturday, December 18

\_\_\_ 6:00-7:00pm 3504.401  
\_\_\_ 7:00-8:00pm 3504.402  
\_\_\_ 8:00-9:00pm 3504.403

### Sunday, December 19

\_\_\_ 4:30-5:30pm 3504.404  
\_\_\_ 5:30-6:30pm 3504.405  
\_\_\_ 6:30-7:30pm 3504.406

### Tuesday, December 21

\_\_\_ 6:00-7:00pm 3504.407  
\_\_\_ 7:00-8:00pm 3504.408

Registration Deadline: Thursday, November 25 (no postmarks accepted)  
Confirmation of time will be mailed to you no later than Wednesday, December 10

Any special instructions: \_\_\_\_\_  
\_\_\_\_\_

## Drop In Gym

### Mondays & Wednesdays - Basketball

San Bruno's Gymnasium is located at  
251 City Park Way

(Participants must show proof of age by valid California ID or Drivers' License or School ID).

\$4-Adult Open Play  
Basketball  
17 & Over  
7:30-9:15pm

\$2-Youth Open Play  
Basketball  
16 & Under  
6:30-7:30pm

This schedule is subject to change for  
special events & holidays

## Exercise Room San Bruno Residents Only

The San Bruno Exercise Room is located at the front of the Veterans Memorial Recreation Center. The room is 625 square feet, has natural sun light and fresh air circulation. Equipment includes a Universal Weight Lifting Machine, Olympic bench press, free weights, exercycle, treadmill, Stairmaster, Smith Glide Machine, Leg Curl/Extension machine, and dumbbells. Users must register at time of first use and carry San Bruno issued I.D. Card whenever using the facility. Please note: only San Bruno residents over the age of 18 are permitted to use the exercise room. All exercise room hours are coed and gym is closed on Tuesdays and Thursdays from 5:15-7pm for class.

### Hours of Operation:

Monday-Thursday: 8am-9pm Cost: \$4 one day pass  
Friday: 8am-5pm \$24 per month  
Saturday: 9am-1pm \$95 per 6 months

# Tiny Tots Preschool Program

Tiny Tots is an enrichment program for your preschooler, offering music, nature, arts and crafts exploration, exercise games, free play and pre-kindergarten academic skills presented in a social and creative atmosphere. For each child enrolled, one adult is required to assist with at least two classes per month. Parent participation in the program enforces the positive skills and attitudes learned in the classroom. At Tiny Tots, play is recognized as the natural vehicle by which a child learns. It is through play that the child exercises curiosity and imagination, learns to concentrate, tries new ideas and practices grown-up behavior. Play is an essential tool for learning. It is through play that children come to understand natural and physical properties, develop fine and gross motor skills, learn to use language, develop a sense of imagination, social relationships, self-control and respect for one another and the environment. Art, music, cooking, dramatic play, block play, problem solving, physical activities, language experiences and self-help experiences are all part of the program. Children are encouraged to explore, create and express themselves at their own levels. Child should wear rubber soled shoes to class. **CHILD MUST BE POTTY TRAINED.** No class 10/8, 11/11, 11/24, 11/25, 11/26.

Instructors: Jill Rofii & Monica Gomez  
Location: Recreation Center Tiny Tots Room  
Lab Fee: \$15 payable to instructor at first class  
Age: 3<sup>1/2</sup> to 5 years old (Born on or before 3/13/07)

## Monday, Wednesday & Friday

9:30am-12:30pm

Cost: \$150 Resident, \$165 Non-Resident  
2200.401 9/13-9/29 (Sept. = 8 Classes)

Cost: \$222 Resident, \$237 Non-resident  
2200.402 10/1-10/29 (Oct. = 12 Classes)

Cost: \$222 Resident, \$237 Non-resident  
2200.403 11/1-11/29 (Nov. = 12 Classes)

Cost: \$77 Resident, \$92 Non-Resident  
2200.404 12/1-12/8 (Dec. = 4 Classes)

## Monday-Friday

9:30am-12:30pm

Cost: \$233 Resident, \$248 Non-Resident  
2201.401 9/13-9/29 (Sept. = 14 Classes)

Cost: \$310 Resident, \$325 Non-resident  
2201.402 10/1-10/29 (Oct. = 20 Classes)

Cost: \$296 Resident, \$311 Non-resident  
2201.403 11/1-11/29 (Nov. = 19 Classes)

Cost: \$112 Resident, \$127 Non-Resident  
2201.404 12/1-12/9 (Dec. = 7 Classes)

## Pre School Open Gym

This is a non-instructional, supervised play work-out for children 1-5 years of age. Participants register at the door for \$5. Parents, guardians, or daycare providers must stay and participate with their children. Toddlers under 12 months are not charged and may attend with paying brother/sister/daycare groups. Activities and equipment include: hula hoops, balls, jump ropes, mats & wedges, hippity hops and more! For more information, contact Danielle at 616-7182. No open gym 9/6.

Day: Mondays (ongoing)  
Time: 11am-12:30pm  
Where: San Bruno Recreation Gym  
Instructor: Janet Monaghan  
Cost: \$5 per participant, 1-5 years old, or you can purchase a gym pass for \$46 for 11 uses

## Letters to Santa

Would your child love a letter from Santa? Santa will write your child on his special stationery! Please fill out registration form on page 40, enclose your payment and send it to:

Santa Claus  
c/o San Bruno Recreation Dept.  
567 El Camino Real  
San Bruno, CA 94066  
Cost: \$3.00 per letter

Letter must be received no later than December 6<sup>th</sup> in order for Santa to respond.

## Santa's Hotline

Fill out the registration form on page 40 and Santa will personally call your child.

Cost: \$5.00 per child

Time: choose best time below

Day: Thursday, 12/16

0503.401 5-6pm

0503.402 6-7pm

Deadline to sign up for a call is December 6

# Preschool Enrichment Classes

## Kidz Love Soccer

### Mommy/Daddy & Me Soccer (9 classes)

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing large motor and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines. Rainout Hotline: 1-888-372-5803. Ages 2-3<sup>1/2</sup>.

Cost: \$102 Resident, \$117 Non-resident  
Location: Grundy Park, Cherry Avenue @ Park Avenue  
Instructor: Kidz Love Soccer Staff  
2419.401 F 11:30-12:00pm 9/24-11/19

### Kidz Love Soccer - Tot-Soccer (9 classes)

Encourages large motor skill development through fun soccer games and introduces small children to a group setting. Little tykes will enjoy running and kicking just like the big kids! **Shin guards are required after the first meeting.** Rainout Hotline: 1-888-372-5803. Ages 3<sup>1/2</sup>-4.

Cost: \$102 Resident, \$117 Non-resident  
Location: Grundy Park, Cherry Avenue @ Park Avenue  
Instructor: Kidz Love Soccer Staff  
2419.402 F 10:40-11:20am 9/24-11/19  
2419.403 F 3:10-3:45pm 9/24-11/19

### Kidz Love Soccer - Pre-Soccer (9 classes)

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age-appropriate environment. **Shin guards are required after the first meeting.** Rainout Hotline: 1-888-372-5803. Ages 4-5.

Cost: \$102 Resident, \$117 Non-resident  
Location: Grundy Park, Cherry Avenue @ Park Avenue  
Instructor: Kidz Love Soccer Staff  
2419.404 F 10:15-10:50am 9/24-11/19  
2419.405 F 3:10-3:45pm 9/24-11/19

## Babies on the Go! (5 classes)

Come dance, jump, sing, wiggle...and bring your parents too! In this hands on parent participation class you will help your child work on their fine and gross motor skills, coordination and socialization. Dancing games, bean bags, and musical instruments are just a few activities that await you. No class 11/26. Ages 10 months-2 years.

Cost: \$61 Residents, \$76 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Pacific Dance Company  
2111.401 T 10:30-11:15am 10/5-11/2  
2111.402 T 10:30-11:15am 11/16-12/14

## Terrific Tiny Tennis (6 classes)

Children play FUN activities and games that enhance hand-eye coordination, locomotor skills, and knowledge of general tennis concepts, in this 6-week session. Lessons also provide a success-oriented social environment that may encourage children to continue in the lifetime sport of tennis. Small group lessons for 2-6 students. Bring a racquet. In case of rain, check with the instructor at the court. **NO POSTPONEMENT ANNOUNCEMENT WILL BE GIVEN OVER THE PHONE.** If at any time the instructor is absent, report to the next scheduled lesson for makeup date. Unless notified otherwise, any makeup(s) due to postponement (i.e. rainouts) will be held on the next available normal meeting day following the session. However, Fridays may be used at the instructor's discretion. Ages 5-8.

Cost: \$69 Resident, \$84 Non-resident  
Location: San Bruno City Park Tennis Courts  
Instructor: Whitlinger & Sarsfield Tennis Staff  
5-6 Year Olds  
2402.401 TTh 11:00-11:40am 9/18-10/23  
7-8 Year Olds  
2402.402 TTh 11:40am-12:20pm 9/18-10/23

## Kindermusik "The Village" (8 classes)

Taught by a certified Kindermusik instructor, Kindermusik Village is for lap babies, crawlers, and walkers. It incorporates the most current research on early childhood development and provides families a special place for learning and connecting with other parents and babies through music and movement. Ages 0-2.

Cost: \$160 Resident, \$175 Non-resident  
Lab Fee: \$35 payable to instructor at first class  
Location: ViBO Music Center, 488 San Mateo Ave.  
Instructor: ViBO Early Childhood Music Teacher  
2112.402 W 10:00-10:45am 9/8-10/27

## Kindermusik "ABC Music & Me" (8 classes)

Taught by a certified instructor, ABC Music & Me, an award-winning enrichment program for 2 to 4 year olds. This class brings adults and children together, providing a dynamic and integrated musical learning experience for everyone. Material includes magazines, home CD and musical instruments. Ages 2-4.

Cost: \$160 Resident, \$175 Non-resident  
Lab Fee: \$35 payable to instructor at first class  
Location: ViBO Music Center, 488 San Mateo Ave.  
Instructor: ViBO Early Childhood Music Teacher  
2112.401 W 10:45-11:30am 9/8-10/27



# Preschool Enrichment Classes

## Pre-Ballet First Class Ages 2-3 (7 classes)

Introduce your 2 year old to movement and dance. This is a fun class that improves motor skills and builds self confidence. Children learn to follow the teacher in rhythm to a variety of music. They hop like frogs, sing along with finger plays, tip toe like mice and move playfully with balls or scarves. This class requires each child to have an adult to assist them. Children must be over 2 years old at the time of registration. Please wear comfortable clothing that is easy to dance in. For questions about the class call the instructor: Matrisha at 415-722-8281.

Cost: \$82 Resident, \$97 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Matrisha Person

2103.401	T	9:45-10:30am	9/14-10/26
2103.402	T	9:45-10:30am	11/2-12/14

## Pre-Ballet Ages 3-4 (7 classes)

For children who want to try a ballet class, this is a fun introduction. Dancers learn basic ballet with an emphasis on creative expression. They use their imagination as they plie like fairies, tendue like chickens and jete like deer. Activities include stretching exercises, learning simple dances, free dancing with scarves and playing games that teach social skills. Dancers should wear simple leotards, tights and ballet slippers. For questions regarding your child's level or ability please call the instructor, Matrisha at 415-722-8281.

Cost: \$82 Resident, \$97 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Matrisha Person

2103.403	T	10:45-11:30am	9/14-10/26
2103.404	T	10:45-11:30am	11/2-12/14

## Princess Dance Party (5 classes)

Come one come all to the princess ball! Crowns and wands provided! Dancers wiggle and giggle to creative movement dance activities in this fun and enchanting class! Students will learn fun princess routines as well as work on coordination, following directions and team work. Students will perform for friends and family on the last day of class. No class 10/8, 11/24, & 12/10. Ages 3-6.

Cost: \$61 Resident, \$76 Non-resident  
Instructor: Pacific Dance Company  
Location: Recreation Center Community Room

2101.401	W	5:15-6:00pm	9/22-10/20
2101.402	W	5:15-6:00pm	11/3-12/8
2101.403	F	10:00-10:45am	9/17-10/22
2101.404	F	10:00-10:45am	11/5-12/17

## Little Athletes (5 classes)

In this class your little athlete will work on their hand eye coordination, balance and listening skills through a series of fun games and exercises. Students will also work on throwing, kicking, catching and bouncing. Parent participation required each class. No class 10/8, 11/24, & 12/10. Ages 2-5.

Cost: \$61 Resident, \$76 Non-resident  
Instructor: Pacific Dance Company  
Location: Recreation Center Gymnasium

2111.415	F	10:45-11:30am	9/17-10/22
2111.416	F	10:45-11:30am	11/5-12/17

## Pre-Ballet Ages 4-5 (7 classes)

Children have fun as they stretch, leap and dance to classical music. This class introduces young dancers to the ballet barre and to basic ballet concepts. They learn ballet foot and arm positions and simple choreography. At the end of each class children have an opportunity for creative expression as they dance freely with scarves. Dancers should wear simple leotards and ballet slippers. For questions regarding your child's level or ability please call the instructor, Matrisha at 415-722-8281.

Cost: \$82 Resident, \$97 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Matrisha Person

2103.405	T	2:30-3:15pm	9/14-10/26
2103.406	T	2:30-3:15pm	11/2-12/14

## New! Preschool Workshops-Bodyworks! (6 Classes)

Discover your body and senses in this series of workshops. Meet Mr. Bones and learn about the major organs and muscles in your body. Learn why some things are safe to touch and others are not. Experiment with magnifying glasses, kaleidoscopes and binoculars. Play with a wave motion model and twirling tubes to learn how sound travels in waves and can be heard in a variety of pitches. Join us on a journey through your nose and taste buds, and learn about primary colors and the rainbow. Ages 3-5.

Cost: \$100 Resident, \$115 Non-resident  
Location: Recreation Community Room  
Instructor: Mad Science of the Bay Area  
2620.401 T 10:30-11:15am 10/5-11/9

## New! Preschool Drawing (9 classes)

This class provides handwriting readiness to young children and will help guide them in a fun learning environment which will prepare them for elementary school. Young Rembrandts drawing classes will aid in developing a child's fine motor skills, listening, and visual/special organization skills while drawing fun, familiar images such as teddy bears, fish, and rainbows. No class 10/8, 11/26 & 12/10. Ages 3<sup>1/2</sup>-5<sup>1/2</sup>.

Cost: \$99 Resident, \$114 Non-resident  
Lab Fee: \$10 payable to instructor at first class  
Instructor: Young Rembrandts Staff  
Location: Recreation Center Tiny Tots Room  
2002.401 F 2:00-2:45pm 10/1-12/17

## Topsy Turvy Tumbling (5 classes)

Do you have a topsy turvy tumbling toddler? Then sign them up for topsy turvy tumbling! Students will learn basic tumbling moves as well as working on their balance, coordination and listening skills. Students will perform for friends and family on the last day of class! No class 10/8, 11/24, & 12/10. Ages 3-5.

Cost: \$61 Resident, \$76 Non-resident  
Instructor: Pacific Dance Company  
Location: Recreation Center Gymnasium Room  
2111.409 F 11:30am-12:15pm 9/17-10/22  
2111.410 F 11:30am-12:15pm 11/5-12/17

# Preschool Enrichment Classes

## Parent and Child Intro to Ice Skating (6 classes)

This is a fun experience for one parent and one child to learn to ice skate together. Classes will be geared to the child's level. Cost includes one parent and one child, skate rental, one-half hour lesson and practice time immediately following the lesson. Ages 3-4 years old plus parent.

Cost: \$59 Resident, \$74 Non-resident

Location: Ice Center at San Mateo, 2202 Bridgepointe Parkway, San Mateo (574-1616)

Instructor: Ice Center Staff

2400.401 W 10:00-11:00am 9/15-10/20

2400.402 W 10:00-11:00am 10/27-12/1

## Broadway Song & Dance (8 classes)

What a thrilling way to introduce your child to song and dance! Your young one will be shown basic fundamentals in proper ballet and basic jazz technique along with learning to dance, sing, and perform at the same time. This class will start with a series of fun and active stretches to warm up, floorwork to learn steps and technique, and dance and song choreography near the end of the class from popular musicals such as "The Lion King", "Annie", "Grease" and many more. A final performance will be presented on the last day of class. Ages 3-8.

Cost: \$160 Resident, \$175 Non-resident

Location: ViBO Music Center, 488 San Mateo Ave.

Instructor: ViBO Dance Instructor

2112.403 Th 4:00-5:00pm 9/9-10/28

2112.404 Sat 4:00-5:00pm 10/16-12/4



## San Bruno Lions We Serve

Please support your local  
Lions Club activities.

All proceeds go back into  
our community!

*Make a difference, become a Lion.*

*Contact Dave at 650-619-2486.*

*Paid Advertisement*

## Tap Dance for Children (12 classes)

Students will learn tap techniques as well as combinations and routines. Classes will help develop your child's balance, coordination and rhythm in a fun setting. Tap shoes and dance attire are required (NO STREET CLOTHES). Students must have instructor consent to enroll in Level I or Level II. No class 10/30 & 11/27. Ages 3-16.

Cost: \$72 Resident, \$87 Non-resident (Level 2 class only), \$59 Resident, \$74 Non-resident (all other levels)

Instructor: Carol Costakis

Location: Recreation Center Community Room or Meeting Room

### Introduction

3100.402 3-8yr Sat 10:45-11:10am 9/11-12/11

3100.406 9-16yr Sat 11:15-11:40am 9/11-12/11

### Level 1\*

3100.403 4-7yr Sat 10:00-10:40am 9/11-12/11

3100.408 8-16yr Sat 12:30-1:10pm 9/11-12/11

### Level 2\*

3100.412 7-10yr Sat 9:15-9:55am 9/11-12/11

3100.410 11-16yr Sat 11:45-12:25pm 9/11-12/11

\*Need instructor consent to enroll.

## My First Art Class~ (8 classes)

Come experience 5 art stations where making a mess is part of the process! You have fun; we clean up! Art projects continue to change all year long! Process rather than product is emphasized. Projects are age appropriate with the children having the freedom to explore materials at their own pace and in their own way. This is not a structured art class and the teacher does not lead art activities. The class ends on a musical note with singing and dancing and having too much fun. Parental participation is required. No class 11/11, 11/25. Ages 18 months-4 years.

Cost: \$100 Resident, \$115 Non-resident

Lab Fee: \$10 payable to instructor

Location: Millbrae Community Center, 477 Lincoln Circle, Millbrae

Instructor: Chris Pollard/Renee Ramsey

### 1 1/2-3 Year Olds

2001.401 Th 9:30-10:30am 9/30-12/2

### 2-4 Year Olds

2001.402 Th 10:45-11:45am 9/30-12/2

## Tiny Tot Gymnastics~ (6 classes)

Your toddler/preschooler will build his/her motor skills while having fun! This course offers beginning gymnastics skills such as tumbling and balancing to develop strength, flexibility, coordination and self-confidence. Children will participate in activities that encourage personal growth and body awareness. Please have your child dress in comfortable clothing. No class 11/11 & 11/25. Ages 3-5.

Cost: \$85 Resident, \$100 Non-resident

Instructor: Laurie Loo

Location: Millbrae Community Center

2418.401 T 3:30-4:15pm 9/14-10/19

2418.402 Th 3:30-4:15pm 9/16-10/21

2418.403 T 3:30-4:15pm 10/26-11/30

2418.404 Th 3:30-4:15pm 10/28-12/16

# Youth Enrichment Classes



## Learn to Jam by Ear (8 classes)

This fun class will take you on a journey of playing music together and feeling good about expressing yourself through music. The instructor will come up with different music themes based on the instrumentation. Students will learn to play different styles of music and have a chance to play different instruments. A final performance will be presented on the last day of class. Students need to have basic skill of an instrument. Ages 8-18.

Location: ViBO Music Center, 488 San Mateo Ave.  
Instructor: ViBO Music Instructor  
Cost: \$160 Resident, \$175 Non-resident  
3113.403 Sat 11:00am-12:00pm 9/11-10/30  
Cost: \$120 Resident, \$135 Non-resident  
3113.404 Sat 11:00am-12:00pm 11/6-12/11



## Singing with Passion Studio Workshop (8 or 6 Classes)

Sing a song with passion! Each class will be focused on proper breathing, warm ups, exercises, developing your chest, middle and head voice. We'll work on the songs you like and talk about stage presence, charisma and how to overcome stage fright. Performance opportunities will be provided. Ages 6-18.

Location: ViBO Music Center, 488 San Mateo Ave.  
Instructor: ViBO Voice Instructor  
Cost: \$160 Resident, \$175 Non-resident  
3113.405 Sun 1:00-3:00pm 9/12-10/31  
Cost: \$120 Resident, \$135 Non-resident  
3113.406 Sun 1:00-3:00pm 11/7-12/12

## Beginning Keyboards (8 or 6 classes)

Learn to play piano in a small-sized class. The instructor will guide the students through a fun and easy way to learn playing music on the piano. They will receive much individual attention and benefit from group playing activities. The class will cover how to read music, basic piano technique, rhythm, easy songs and chords. Ages 7-16.

Location: ViBO Music Center, 488 San Mateo Ave.  
Instructor: ViBO Piano Teacher  
Cost: \$144 Resident, \$159 Non-resident  
3113.401 Sun 1:00-2:00pm 9/12-10/31  
Cost: \$108 Resident, \$123 Non-resident  
3113.402 Sun 1:00-2:00pm 11/7-12/12



## Children's Art (11 classes)

This is a fun program for kids. Young Rembrandts enhances students talents while unleashing their visual creativity and image vocabulary. Kids will draw a fun new drawing each week using either colored pencils, markers, or crayons. As an added educational tool, once a month students will be taught to draw from an image based on a historical art piece. No class 11/22. Ages 6-12.

Cost: \$121 Resident, \$136 Non-resident  
Lab Fee: \$10 payable to instructor at first class  
Instructor: Young Rembrandts Staff  
Location: Recreation Center Tiny Tots Room  
3005.401 M 3:30-4:30pm 9/27-12/13



## Discover Ukulele - A Beginning Workshop (8 & 6 Classes)

Ukulele is a small guitar-like instrument brought to Hawaii and gained great popularity over the years. More and more people discover the ukulele is the easiest instrument in the world to play. In this class, we will cover chords, rhythms ("strumming"), theory, self-accompaniment and soloing. We will learn Hawaiian folk songs and blues on the ukulele. Ages 8-over.

Location: Vibo Music Center, 488 San Mateo Ave., SB  
Instructor: Vibo Music Instructor  
Cost: \$160 Resident, \$175 Non-resident  
3113.407 Sat 1:00-2:00pm 9/11-10/30  
Cost: \$120 Resident, \$135 Non-resident  
3113.408 Sat 1:00-2:00pm 11/6-12/11

## Aikido for Youth (8 classes)

In addition to being excellent physical exercise and effective self-defense, Aikido teaches smooth, balanced and relaxed movement. Aikido means "way of harmony" and is a philosophy integrating physical, spiritual and cultural values. Class is taught in a formal setting with the discipline and etiquette that reflect traditional Japanese Martial Arts. Email aikiodori@yahoo.com for information. Ages 7-13.

Cost: \$72 Resident, \$87 Non-resident  
Location: Tanforan Professional Center, 1405 B Huntington, SSF  
Instructor: Robert Toyama  
3407.401 TTh 6:00-6:45pm 9/7-9/30  
3407.402 TTh 6:00-6:45pm 10/5-10/28  
3407.403 TTh 6:00-6:45pm 11/2-12/2



## Crazy Chemworks (8 classes)

Hop on board the chemistry express for this high-speed series of classes where we will explore and learn about what happens in the lab. Snap on some safety goggles to study split second reactions, learn about glow-in-the-dark technology and spend the hour learning about things that cling. Discover amazing things that glow in the dark and participate in the slime Olympics. Freeze water in seconds and slide down the colorful pH scale. This whirlwind series will take your breath away! Ages 6-12.

Cost: \$134 Resident, \$149 Non-resident  
Location: Recreation Community Room  
Instructor: Mad Science of the Bay Area  
3614.401 T 3:30-4:30pm 10/5-11/23



# Youth Enrichment Classes

## Kidz Love Soccer - Soccer 1 (9 classes)

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun "skill" games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. **Shin guards are required after the first meeting.** Rainout Hotline: 1-888-372-5803. Ages 5-6.

Cost: \$102 Resident, \$117 Non-resident  
Location: Grundy Park, Cherry Avenue @ Park Avenue  
Instructor: Kidz Love Soccer Staff  
3419.401 F 3:45-4:30pm 9/24-11/19

## Introduction to Fencing for Youths (6 classes)

Parents, concerned about childhood obesity and the overly sedentary lifestyles of youths? First Place Training Center offers beginning fencing classes for youths from 6 to 12 years of age. We emphasize movement and coordination through training for fencing, a high-powered sport that stresses mental and physical agility. We also emphasize good dietary habits during the course of the session and for our members as we participate in Michelle Obama's Let's Move Initiative. For more information, contact the center at (650) 592-1619 or by email: [start@firstplacefencing.com](mailto:start@firstplacefencing.com). Ages 6-12.

Cost: \$99 Resident, \$114 Non-resident  
Lab Fee: \$20 for equipment rental payable to instructor at first class  
Instructor: First Place Fencing Instructors  
Location: First Place Fencing Center, 835 E. San Carlos Ave, Suite B, San Carlos  
3426.401 T 3:45-4:45pm 9/14-10/19  
3426.402 W 3:45-4:45pm 9/15-10/20  
3426.403 Th 3:45-4:45pm 9/16-10/21  
3426.404 T 3:45-4:45pm 11/2-12/14  
3426.405 W 3:45-4:45pm 11/3-12/15  
3426.406 Th 3:45-4:45pm 11/4-12/16

## Chinese Martial Arts Kung Fu (7 classes)

In this class, students will learn fundamental building blocks that will help develop skills required in more advanced levels of Kung Fu training. Learn the origin of Chinese Martial Arts, customs and philosophies, and in turn develop a respectful attitude toward others and themselves. Students will learn basic stances, punches, footwork, practical self-defense techniques, and a Northern Shao-Lin form. Uniform and equipment may be purchased from instructor. Students signing up for Beginner II must have completed the Beginner I class and permission from Instructor. Ages 10-17.

Cost: \$70 Resident, \$85 Non-resident  
Location: Monte Verde School, 2551 St. Cloud Dr.  
Instructor: Robert Louie & Herb Leung  
Beginner I  
5401.401 F 6:45-7:45pm 9/10-10/22  
5401.402 F 6:45-7:45pm 10/29-12/17  
Beginner II  
5401.403 F 7:45-8:45pm 9/10-10/22  
5401.404 F 7:45-8:45pm 10/29-12/17

## Kidz Love Soccer 2 & 3 (9 classes)

Play the exciting game of Soccer! Explore the real sport, while still in an instructional and nurturing environment. Be challenged by real soccer situations, venture into the fun tactical side of scrimmaging. Players 7-10 years old will enjoy age appropriate soccer matches and be guided through the possibilities by a KLS Youth Specialist. Attacking and Scoring goals! Pace and Possession! Defense and Transition! Themes such as these and continued individual skill building will be explored fully on the soccer field by young soccer aficionados. Kidz Love Soccer... where the score is always FUN to FUN! **Shin guards are required after the first meeting.** Rainout Hotline: 1-888-372-5803. Ages 7-10.

Cost: \$102 Resident, \$117 Non-resident  
Location: Grundy Park, Cherry Avenue @ Park Avenue  
Instructor: Kidz Love Soccer Staff  
7-8 Year Olds  
3419.402 F 4:30-5:15pm 9/24-11/19  
9-10 Year Olds  
3419.403 F 4:30-5:15pm 9/24-11/19

## Skateboarding 101 Group Lessons (5 classes)

Learn to skate or refine your skills from the Society experienced skateboarding instructors at the Millbrae Skate Park. Skateboarding safety, fundamentals, and technique will be covered in this class. The students will learn to enjoy this sport to the fullest with a focus on balance, coordination, and skateboarding etiquette. *Take advantage of the 10% discount on all safety gear at Society with registration on 625 Laurel Street, San Carlos CA 94070, (650) 596-8182.* Ages 5-12.

Cost: \$100 Resident, \$115 Non-resident  
Location: Millbrae Skate Park, 451 Millbrae Avenue  
Instructor: Society Skate Instructors  
3424.401 Sat 11:00am-12:00pm 9/18-10/16

## Indoor Rock Climbing (5 classes)

Like fish to water! Parents know what natural climbers kids are, so we offer an exciting 5-session program to introduce them to this great sport. Classes are designed so participants climb with children their own age. Maximum of 5 children per 1 instructor. Planet Granite T-shirt included. Parent must attend first class with child to sign release paperwork. For additional information contact (650) 591-3030. Ages 5-13.

Cost: \$131 Resident, \$146 Non-resident  
Instructor: Planet Granite Staff  
Location: Planet Granite, 100 El Camino Real, Belmont  
5-9 Year Olds  
3615.401 Th 4:00-6:00pm 9/16-10/14  
10-13 Year Olds  
3615.402 F 4:00-6:00pm 9/17-10/15

## Volleyball Private Lessons

Private lessons available! One-on-one or small groups. Call Lynn at 650-615-9201 to set up appointments.

# Youth Enrichment Classes

## Mighty Mite Gymnastics~ (6 Classes)

This course offers an introduction to basic gymnastics skills and techniques. Classes focus on developing your child's strength, flexibility, coordination, and self-confidence through beginning tumbling and balancing skills. Children will participate in activities that encourage personal growth and physical fitness. No class 11/17 & 11/24. Ages 5<sup>1/2</sup>-12.

Cost: \$85 Resident, \$100 Non-resident

Instructor: Laurie Loo

Location: Millbrae Community Center, 477 Lincoln Cir.

3418.401	T	4:30-5:15pm	9/14-10/19
3418.402	W	3:30-4:15pm	9/15-10/20
3418.403	T	4:30-5:15pm	10/26-11/30
3418.404	W	3:30-4:15pm	10/27-12/15

## Mighty Mite 2 Gymnastics~ (6 Classes)

This course offers instruction for basic gymnastics skills and techniques. Classes focus on developing your child's strength, flexibility, coordination and self-confidence through tumbling and balancing skills. Recommended prior completion of Mighty Mite Gymnastics and/or can do forward roll by self and assisted cartwheel. Please have your child dress in comfortable clothing. No class 11/11 & 11/25. Ages 5<sup>1/2</sup>-12.

Cost: \$95 Resident, \$110 Non-resident

Instructor: Laurie Loo

Location: Millbrae Community Center, 477 Lincoln Cir.

3418.405	Th	4:30-5:30pm	9/16-10/21
3418.406	Th	4:30-5:30pm	10/28-12/16

## Intermediate Gymnastics!~ (6 Classes)

This course offers instruction to intermediate gymnastics skills and techniques. Classes focus on developing your child's strength, flexibility, coordination and self-confidence through intermediate tumbling and balancing skills. Recommended prior completion of Mighty Mite 2 Gymnastics and/or can do a backbend and cartwheel by self. Please have your child dressed in comfortable clothing. No class 11/17 & 11/24. Ages 5<sup>1/2</sup>-12.

Cost: \$95 Resident, \$110 Non-resident

Instructor: Laurie Loo

Location: Millbrae Community Center, 477 Lincoln Cir.

3418.407	W	4:30-5:30pm	9/15-10/20
3418.408	W	4:30-5:30pm	10/27-12/15

## Youth Intro to Ice Skating (6 classes)

During each six-week session, students will be introduced to basic ice skating skills. Each lesson provides 30 minutes of instruction and 30 minutes of practice time on the ice. (Practice time will be from 5:45 - 6:15 pm.) Be sure to dress warmly and wear thick socks. Skate rental is included in the class fee. Please be sure to arrive 20 minutes prior to lesson to check-in and put on skates. Ages 5-14.

Cost: \$65 Resident, \$80 Non-resident

Location: Ice Center at San Mateo, 2202 Bridgepoint Parkway, San Mateo (650) 574-1616

Instructor: Ice Center Staff

### 5-7 Year Olds

3400.401	M	5:15-6:15pm	9/13-10/18
3400.402	M	5:15-6:15pm	10/25-11/29

### 8-14 Year Olds

3400.403	M	5:45-6:45pm	9/13-10/18
3400.404	M	5:45-6:45pm	10/25-11/29

## Beginners Badminton (4 classes)

Are you ready for the fastest racket sport in the world? This introductory class offers a fun and instruction-packed 8 sessions. This course is designed to introduce the basics and fundamentals of badminton. Players will be divided by age. Coaches will assign drills and instruction in both singles and doubles play. To enhance badminton skills, all players will learn and review scoring rules, foot work, strokes and essential fundamentals to badminton. This course will prepare students for middle school and high school competitive badminton. Participants should bring their own racquets. Ages 5-17. No class 11/22, 11/24, 11/26, 11/27.

Cost: \$75 Resident, \$90 Non-Resident

Location: Bay Badminton Center, 1611 Adrian Road, Burlingame

Instructor: Sal Banquiles, Chandra Kowi, 650-692-1611, info@baybadminton.com

3719.401	M	4:00-5:00pm	9/13-10/4
3719.402	W	4:00-5:00pm	9/15-10/6
3719.403	F	4:00-5:00pm	9/17-10/8
3719.404	Sat	10:00-11:00am	9/18-10/9
3719.405	Sat	2:00-3:00pm	9/18-10/9
3719.406	M	4:00-5:00pm	10/11-11/1
3719.407	W	4:00-5:00pm	10/13-11/3
3719.408	F	4:00-5:00pm	10/15-11/5
3719.409	Sat	10:00-11:00am	10/16-11/6
3719.410	Sat	2:00-3:00pm	10/16-11/6
3719.411	M	4:00-5:00pm	11/8-12/6
3719.412	W	4:00-5:00pm	11/10-12/8
3719.413	F	4:00-5:00pm	11/12-12/10
3719.414	Sat	10:00-11:00am	11/13-12/11
3719.415	Sat	2:00-3:00pm	11/13-12/11

# Youth Enrichment Classes

## **New** Learn to Draw Portraits and People (4 Classes)

In this special four-session class, children of all ages will learn to draw and paint people. Instructor Charna Conway's unique teaching techniques will enable students to see shape and proportion to create a realistic drawing of portraits and people. This skill will boost the confidence of any child in their ability to draw and create beautiful art, a priceless gift for any child. Ages 5-14.

Cost: \$45 Resident, \$56 Non-resident  
Lab Fee: \$9 payable to instructor at first class  
Location: Recreation Center Ceramics Room  
Instructor: Charna Conway  
3004.401 W 4:30-5:30pm 10/13-11/3

## **Broadway Show Stoppers (6 classes)**

WICKED, GREASE, ANNIE...what's your favorite musical? In this exciting class you will focus on developing your musical theatre performance skills. You'll gain experience and confidence as you sing and act in scenes and ensemble numbers from a variety of hit Broadway shows. Ages 9-14.

Cost: \$123 Resident, \$138 Non-resident  
Lab Fee: \$5 payable to instructor at first class  
Location: Recreation Center Community Room  
Instructor: Jan Downing  
3214.401 T 4:00-5:30pm 9/14-10/19

## **Beginning Hip Hop (5 classes)**

In this high energy dance class students will learn basic hip hop steps and routines to their favorite age appropriate songs! Class will also focus on rhythm and coordination skills. Students will perform for friends and family on the last day of class! No class 11/24. Ages 6-12.

Cost: \$61 Resident, \$76 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Pacific Dance Company  
3104.401 W 4:30-5:15pm 9/22-10/20  
3104.402 W 4:30-5:15pm 11/3-12/8

## **Children's Crafts Class (4 classes)**

This course will include an introduction to the arts. Students will have a chance to create different projects including design, painting, candle making, paper mache, and holiday cards and decorations. Children will have fun making their own artwork. Ages 6-15.

Cost: \$31 Resident, \$38 Non-resident  
Lab Fee: \$15 payable to instructor at first class  
Location: Recreation Center, Ceramics Studio  
Instructor: Marilyn Bennett  
2000.401 M 4:00-5:00pm 9/20-10/11

## **New** Elbows, Hats, Table Manners, and More ~ Just in time for the holidays (4 Classes)

Keep your elbows off the table! Don't chew with your mouth open! Sit up straight! You burped! Why do grown-ups get so upset over these things? We will talk about these and many other dinner table rules. Many people believe that etiquette and manners are only for those who are picky, snobbish, or rich and famous. They are mistaken. Simply put, etiquette means; not grossing out the people around you. You will practice using a knife and fork properly, a napkin, the secret to a perfect handshake, sitting appropriately, and other useful things--after this class, your family will love sitting next to you at the table. We'll also talk about: thank you notes vs. e-mail, what to do when you don't like a gift, and the basics about hotel and airplane etiquette. Learning about manners does not have to be a bore! Rosalinda Randall, Etiquette Consultant, has been presenting her etiquette programs over twelve years to children, teens, and adults. She was trained and certified by The Protocol School of Washington®.

Cost: \$55 Resident, \$69 Non-resident  
Instructor: Rosalinda Randall  
Location: Recreation Center Conference Room 1  
3rd-5th Graders  
3200.401 T 3:45-4:45pm 10/12-11/2  
6th-8th Graders  
3200.402 T 5:00-6:00pm 10/12-11/2

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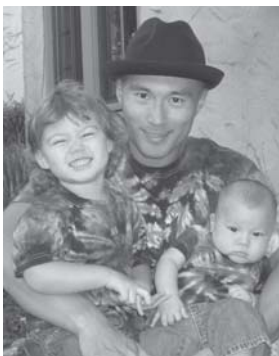
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# Youth Enrichment Classes

## Primary Ballet Ages 5-6 Kindergarden (7 Classes)

This class is for children who love the fantasy of ballet. The focus is on learning classical ballet in a supportive atmosphere. Each class includes exercises at the barre, learning primary classical positions, steps, turns and movement combinations. The stories danced to at the end of each class encourage individual expression in each dancer. Children should wear simple leotards, tights and ballet slippers. For questions regarding your child's level or ability please call the instructor, Matrisha at 415-722-8281.

Cost: \$82 Resident, \$97 Non-resident

Location: Recreation Center Meeting Room

Instructor: Matrisha Person

2103.407	T	3:30-4:30pm	9/14-10/26
2103.408	T	3:30-4:30pm	11/2-12/14

## Intro to Hockey Skating (6 classes)

This class is designed to teach basic ice hockey skating skills. Each of the six lessons will provide 30 minutes of instruction from 4:00-4:30pm. Basic forward skating is required to attend class. Students will learn to move, turn and stop in a controlled manner. Balance and use of blade edges, critical to a hockey player will be emphasized. This is not a hockey league, but rather a class in learning how to skate. Helmets with face masks and sticks are required. Class fee includes skate rental. All students get 6 free practice sessions at one of our public skate sessions (must be used prior to last class date). Dress warmly and wear thick socks. Please be sure to arrive 15 minutes prior to lessons to check in and get skates on. Ages 6-14.

Cost: \$65 Resident, \$80 Non-resident

Location: Ice Center at San Mateo, 2202 Bridgepointe Parkway, San Mateo (574-1616)

Instructor: Ice Center Staff

3400.406	T	4:00-4:30pm	9/14-10/19
3400.407	T	4:00-4:30pm	10/26-11/30

## Primary Ballet Ages 6-7 First Grade (7 classes)

Dancers will learn classical ballet technique in a supportive atmosphere. Each class will incorporate barre and center exercises, steps, turns and movement combinations across the floor, stretching and free dancing. Children should wear simple leotards, tights with ballet slippers and their hair should be pulled out of their face in a bun or pony tail. For questions regarding your child's level or ability please call the instructor, Matrisha at 415-722-8281. To register for the class please visit or call the Recreation Center office: 650-616-7180.

Cost: \$82 Resident, \$97 Non-resident

Location: Recreation Center Meeting Room

Instructor: Matrisha Person

2103.409	M	3:30-4:30pm	9/13-10/25
2103.410	M	3:30-4:30pm	11/1-12/13

## Primary Ballet Ages 7-8 Second Grade (7 classes)

Dancers will learn classical ballet technique in a supportive atmosphere. Each class will incorporate barre and center exercises, steps, turns and movement combinations across the floor, stretching and free dancing. Children should wear simple leotards, tights with ballet slippers and their hair should be pulled out of their face in a bun or pony tail. For questions regarding your child's level or ability please call the instructor, Matrisha at 415-722-8281. To register for the class please visit or call the Recreation Center office: 650-616-7180.

Cost: \$82 Resident, \$97 Non-resident

Location: Recreation Center Meeting Room

Instructor: Matrisha Person

2103.411	M	4:45-5:45pm	9/13-10/25
2103.412	M	4:45-5:45pm	11/1-12/13

## Special Needs

### Wednesday Social Event Night

Looking to socialize with other Special Needs teens and adults? Wednesday nights at the Veterans Memorial Recreation Center is the place to be! Each Wednesday from 7:00-9:00pm, we do various activities that may include leaving the Recreation Center. Please call Jennie at 616-7184 and leave your address to receive a newsletter and obtain more information about our events.

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# Teen Classes & Programs

## Internet Based Driver Education

Driver education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes much parental involvement and is fun, interactive and educational. Course work can be completed at any time of the day or night. Students may choose from an internet course or a home study course. DMV-accepted completion certificates issued upon successful completion of the course. Class does not include behind the wheel driving. Once you register for the class, you will be notified by e-mail within 48 hours with an access code. You can register at any time and complete the course at the student's pace. Home study course includes printed materials. Ages 14-18.

Instructor: Self Taught - Allgood Education Corp  
Location: Internet  
Day/Time: Available 24 hours a day

Cost: \$81 Resident, \$96 Non-resident  
4210.401 Internet  
Cost: \$96 Resident, \$111 Non-resident  
4210.402 Home Study Course

## Instructors Wanted

Do you have a special talent or skill that you want to teach others? The Recreation Division is looking for instructors to teach new classes. Email us with your teaching interest at:  
dbrewer@sanbruno.ca.gov (adult classes)  
jtucker@sanbruno.ca.gov (youth classes)



## Beginning Workshop in Music Composition (8 Classes)

This class is for intermediate and advancing music students who have already studied for at least 2 years and must be familiar with music reading and major / minor scales. We will learn how to write a good melody, how to write music for different instruments and how to create musical ideas and form them into a piece of music. You will have an opportunity to develop your musical imagination, create your own music and hear it performed on the last day of the class! Ages 12 & over.

Cost: \$160 Resident, \$175 Non-resident  
Location: ViBO Music Center, 488 San Mateo Ave.  
Instructor: ViBO Instructor  
5117.404 F 6:00-7:00pm 9/10-10/29

**Want to receive up to the minute information on what is happening in our City? Sign up for the Community Services eNewsletter and get monthly news about what's happening in Library, Parks, Recreation and Senior services. Visit [www.sanbruno.ca.gov/parks\\_main.html](http://www.sanbruno.ca.gov/parks_main.html) and click the sign-up link on the left.**

## Teen Dance

### "Back to School" Friday, November 12

Meet up with all of your friends and dance to your favorite songs. Our live D.J. will be there with the latest and greatest songs of the year. Dances are held from 7-9:30pm at the Veterans Memorial Recreation Center. Tickets will go on sale one week before each dance at Parkside Intermediate School and at the Recreation Center. Tickets are \$7 pre-sale, \$10 at the door. Student ID cards will be checked at the door. The dances are not school sponsored or PTA events. We'll also sell glow necklaces for only \$2.00. Call Dee @ 616-7183 for more information.  
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Rib Shack  
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Straw Hat Pizza  
Sweet Connections  
West Coast Café

**Tuesday, August 31, 2010**  
**San Bruno Senior Center**  
**6:00 - 8:00 p.m.**

## TICKETS:

**\$20.00 Early Bird** before August 19, 2010 *(includes 2 raffle tickets)*

**\$25.00** - after August 19th

Call for Tickets or mail request to:

San Bruno Chamber of Commerce - 618 San Mateo Avenue., San Bruno, CA  
(650) 588-0180 [www.sanbrunochamber.com](http://www.sanbrunochamber.com)

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# After School Adventures

## "Going Beyond the Bell!"

### Allen Road Runners

Grades: 2<sup>nd</sup> through 6<sup>th</sup> grade  
 Times: M, T, W, & F: 2:45-6:00pm  
 & Th: 1:20-6:00pm  
 Instructors: Recreation Leaders  
 Location: 'The Roadrunner's Perch'  
 (Allen School Room # 12)

Dates	Cost	Allen Road Runners
September	\$125	3651.401
October	\$125	3651.402
November	\$125	3651.403
December	\$125	3651.404
All Year	\$1065	3651.410

### Belle Air Bears

Grades: 1<sup>st</sup> through 6<sup>th</sup>  
 Times: M, T, W, & F: 2:25-6:00pm  
 & Th: 1:05pm-6:00pm  
 Instructors: Recreation Leaders  
 Location: 'The Bears Den'  
 (Belle Air Firehouse)

Dates	Cost	Belle Air Bears
September	\$125	3652.401
October	\$125	3652.402
November	\$125	3652.403
December	\$125	3652.404
All Year	\$1065	3652.410

### Portola Pandas

Grades 3<sup>rd</sup> through 6<sup>th</sup> grade  
 Times: M, T, W, & F: 2:45-6:00pm  
 & Th: 1:15pm-6:00pm  
 Instructors: Recreation Leaders  
 Location: 'Portola Tree House'  
 (Portola Performing Arts Center)

Dates	Cost	Portola Pandas
September	\$125	3653.401
October	\$125	3653.402
November	\$125	3653.403
December	\$125	3653.404
All Year	\$1065	3653.410

### Rollingwood Bulldogs

Grades: 3<sup>rd</sup> through 6<sup>th</sup>  
 Times: M, T, W, & F: 2:35-6:00pm  
 & Th: 1:25pm-6:00pm  
 Instructors: Recreation Leaders  
 Location: 'Dog House'  
 (Cafeteria/Auditorium/Rm 14)

Dates	Cost	Rollingwood Bears
September	\$125	3654.401
October	\$125	3654.402
November	\$125	3654.403
December	\$125	3654.404
All Year	\$1065	3654.410

Please Note: **Program begins September 1.** There will be no 'After School Adventures' on school holidays or teacher in service days. Winter, Spring, and Summer Day Camp Programs are available during the school sessions breaks.

For questions please call Dee at (650) 616-7183.

The San Bruno Community Services Department's Recreation Division is offering an After School Program developed in cooperation with the San Bruno Park School District (since 2002). We will offer the program at Allen, Belle Air, Portola and Rollingwood Schools.

'After School Adventures' features new ideas and activities in after school programming. We will continue to provide quality supervision, snacks, as well as forty-five minutes of homework/silent reading time, creative projects, sports, theme weeks, and special events for your child.

We must maintain a safe leader to child ratio and therefore each location has a maximum enrollment of 30 children. Please register by the 27th of every month or a \$20 late fee will apply. Sign up for all 9 months by August 27<sup>th</sup> and receive 10% off your enrollment fees. Early registration will also help secure a spot for your child in our program. You may register at the Recreation Center, the program site, or online at [www.sanbruno.ca.gov](http://www.sanbruno.ca.gov)

All children must have an updated 2010-2011 school year health form on file with the Recreation Services Division. Additional information about our program can be seen in our parent handbook available at the Recreation Center or at the school sites.



# Elementary School Sports



## Flag Football (2<sup>nd</sup>-5<sup>th</sup> Graders)

The 5 on 5 flag football league is open to all boys and girls attending 2nd-5th grade. Practices will be held at Elementary School sites after school (roughly 3:00pm) two days a week. Games will be played on Friday evenings at San Bruno City Park. Practice days will be determined based on coach schedule and school registrations. Deadline to register is Friday, September 10th. Participants will be notified of practice days by September 16th and actual practices will begin the week of September 20th. The season runs until the beginning of November.

Cost: \$65 Resident

Location: Elementary Schools

Instructors: Volunteer Coaches and Recreation Leaders

3421.401 Allen Elementary School  
3421.402 Belle Air Elementary School  
3421.403 Crestmoor Elementary School  
3421.404 El Crystal Elementary School  
3421.405 John Muir Elementary School  
3421.406 Portola Elementary School  
3421.407 Rollingwood Elementary School

Our youth sports program philosophy is for the children to play and have fun in a safe environment, display good sportsmanship and improve their skills. Participants will be divided onto teams that will be as evenly matched as possible. Each coach will focus on teaching skills, sportsmanship and having fun.

**Interested in coaching?  
Call Jennie at 650-616-7184.**

## Parkside Intermediate School Sports

The Parkside Intermediate School league and the 6<sup>th</sup> Grade Elementary School Sports Program will be sponsored and run by the San Bruno Recreation Division beginning this fall. San Bruno teams will play in the N.C.R.L., North County Recreation League. This program is open to all students enrolled at Parkside Intermediate School and 6<sup>th</sup> graders in San Bruno Park District Elementary Schools as well as any San Bruno resident youth in 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade not attending a San Bruno Park School District School.

**Sports offered are the following:**

**Fall** - Flag Football, Volleyball, and Cross Country

**Winter** - Basketball (Please note that 6th grade basketball does not begin until February)

**Spring** - To be determined.

**Registration Deadline for Fall: Friday, September 10**

### Cross Country (6<sup>th</sup>-8<sup>th</sup> Graders)

Cost: \$65.00

Code: 4422.401 (6<sup>th</sup>-8<sup>th</sup> Graders)

### Flag Football (6<sup>th</sup>-8<sup>th</sup> Graders)

Cost: \$99.00

Code: 4421.401 (6<sup>th</sup> Graders)  
4421.402 (7<sup>th</sup> Graders)  
4421.403 (8<sup>th</sup> Graders)

### Volleyball (6<sup>th</sup>-8<sup>th</sup> Graders)

Cost: \$99.00

Code: 4420.401 (6<sup>th</sup> Graders)  
4420.402 (7<sup>th</sup> Graders)  
4420.403 (8<sup>th</sup> Graders)

**Please note:**

- All enrolled participants will be placed on a team.
- There are evaluation days that all participants must attend. In some sports more than one evaluation day may be needed. The evaluation date and location will be given at the time of registration.
- There may be limited enrollment in each sport.
- The the top rated players will be put on the "A" teams. All other players will be put on "B" teams.
- Most sports are divided by grade level.
- All registration is taken at the San Bruno Recreation Center, 251 City Park Way.
- Game dates and times will be decided by the N.C.R.L. Board of Directors.
- For more information contact Danielle at 616-7182.



# Adult Enrichment Classes

## Adult Intro to Ice Skating (6 classes)

You can have fun learning how to ice skate while getting some exercise too! Basic skating skills will be covered in these six-week courses. Class fee includes one-half hour lesson, skate rental and practice time immediately following each lesson. Be sure to dress warmly and wear thick socks. Please be sure to arrive 15 minutes prior to lesson to check-in and get skates on. No class 11/25. Ages 16-over.

Cost: \$65 Resident, \$80 Non-resident

Location: San Mateo Ice Center, 2202 Bridgepointe Parkway, San Mateo

Instructor: Ice Center Staff

5400.401	Th	7:00-8:00pm	9/16-10/21
5400.402	Th	7:00-8:00pm	10/28-12/9

## Aikido For Beginning Adults (Coed) (12 classes)

Aikido is a Japanese martial art. The techniques of Aikido emphasize redirecting the energy and force of an assailant's attack in order to subdue him. Aikido increases stamina, improves coordination and stresses non-aggression and harmony with your partner. In addition, Aikido is an excellent means of physical exercise and effective self-defense. Call (650) 872-2968 for information. Ages 14-over.

Cost: \$91 Resident, \$106 Non-resident

Location: Tanforan Professional Center, 1405 B Huntington, SSF

Instructor: Masatoshi Morita

5406.401	MWF	10:00-11:00am	9/13-10/8
5406.402	T,W,Th	7:00-8:00pm	9/7-9/30
5406.403	MWF	10:00-11:00am	10/11-11/5
5406.404	T,W,Th	7:00-8:00pm	10/5-10/28
5406.405	MWF	10:00-11:00am	11/8-12/6
5406.406	T,W,Th	7:00-8:00pm	11/2-12/1

## Aikido for Beginning Adult Women (4 classes)

Aikido is a Japanese martial art. The techniques of Aikido emphasize redirecting the energy and force of an assailant's attack in order to subdue him. Aikido increases stamina, improves coordination and stresses non-aggression and harmony with your partner. In addition, Aikido is an excellent means of physical exercise and effective self-defense. Ages 13-over.

Cost \$67 Resident, \$82 Non-resident

Location: Tanforan Professional Center, 1405 B Huntington, SSF

Instructor: Sue Gorte

5406.407	M	7:00-8:00pm	9/13-10/4
5406.408	M	7:00-8:00pm	10/11-11/1
5406.409	M	7:00-8:00pm	11/8-11/29

## Private Tennis Lessons

Learn new strokes or improve your old ones through individualized lessons based on your needs. For all ages, beginners to advanced. Call the tennis instructor at (408) 745-6171 to make arrangements. All checks should be made payable to San Bruno Parks and Recreation. Payment should be given to the instructor at the time of your lesson.

Instructor: Stanford Coach John Whitlinger & USPTA Professional Tom Sarsfield's staff

Location: San Bruno City Park Tennis Court #1

Fee: \$55 Resident, \$67 Non-resident (per hour), \$150 Resident, \$165 Non-resident (three one hour lessons), (Add \$5 per hour for an additional person)

Code: 5402.409 (per hour)

5402.410 (3 hours)

## Tennis Lessons (6 classes)

Six hours of instruction for adult/youth classes of three to eight students. Classes of two students will be converted into four one-hour lessons. In case of rain, check with the instructor at the court. NO POSTPONEMENT ANNOUNCEMENT WILL BE GIVEN OVER THE PHONE. If at anytime the instructor is absent, report to the next scheduled lesson for makeup date. Unless notified otherwise, any makeup(s) due to postponement (i.e. rainouts) will be held on the next available normal meeting day following the session. However, Fridays may be used at the instructor's discretion.

Cost: \$69 Resident, \$84 Non-resident

Location: San Bruno City Park Tennis Court #1

Instructor: Whitlinger & Sarsfield Tennis Staff

## Novice/Low Intermediate

5402.401	15-over	Sat	10:00-11:00am	9/18-10/23
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5402.402	9-14yrs	Sat	9:00-10:00am	9/18-10/23
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## Yoga (7 classes)

Yoga means union and is designed to assist in integrating mind, body and spirit. Each yoga posture not only helps us to relax, strengthen and tone, but also aids in opening major energy centers. Over time, many of us build up and hold blocked energy within, creating tension, stress and disease, which limits us from vibrating at our highest level. Take time for yourself and join this non-competitive, relaxing and life-giving environment. No previous experience is necessary. Please bring a mat or towel. It is best not to eat prior to class. Ages 15-over.

Cost: \$65 Resident, \$80 Non-resident

Drop In: \$12 Resident, \$15 Non-resident

Location: Recreation Center Meeting Room

Instructor: Linda Russell

Session 1

5601.401	M	7:15-8:45pm	9/13-10/25
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5601.402	M	7:15-8:45pm	Drop In
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Session 2

5601.403	M	7:15-8:45pm	11/1-12/13
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5601.404	M	7:15-8:45pm	Drop In
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# Adult Enrichment Classes

For additional information regarding the Adult Sports Leagues, contact Danielle at 650-616-7182.

## Adult Fall Softball

The Fall Softball League will begin play in late September or early October. Teams will play a four game schedule with the top four teams advancing to a single elimination playoff. Each league may be limited to five teams. Registration packets are available at the San Bruno Community Center or by email. Ages 18 & over or high school graduate.

Registration Deadline: Tuesday, August 17

Tentative League Start: September 27

League Nights:

Monday - Recreational Coed (5450.401)

Tuesday - Men's C (5450.402)

Wednesday - Men's D (5450.403)

Friday - Men's D (5450.405)

Tentative Game Times: 7:00 & 8:00pm

Location: Lion's Field

League Fee: \$470 per team (discount of \$60 if you have 5 San Bruno residents or more)

## Adult Fall Flag Football

The "5 on 5" league is back! This action packed non-contact league will be played at Lion's Field on Thursday nights. Teams will play an eight game season with the top four teams advancing to a single elimination playoff. Teams must have same colored jerseys that need to be approved by the League Director. Registration packets are available at the San Bruno Recreation Center. Ages 18 & over or high school graduate.

Registration Deadline: Thursday, August 12

Tentative League Start: September 16

Location: Lions Field

League Night: Thursday (5452.401)

Game Times: 6:30pm, 7:30pm, 8:30pm (subject to change)

League Fee: \$760 per team, (discount of \$60 if you have 5 San Bruno residents or more)

## Women's Weight Training (16 classes)

Whether you are 18 or 80, you never outgrow the need to exercise and stay fit. Strengthen, tone and shape your muscles through a variety of resistance training exercises. Workouts can be adjusted to fit your individual goals. This is a serious weight training and body building program and is recommended for anyone who is serious about getting and staying in shape. No class 11/11, 11/23, 11/25. Ages 18-over.

Cost: \$46 Resident, \$57 Non-resident

Lab Fee: \$15 payable to instructor at 1<sup>st</sup> class

Location: Recreation Center Meeting Room & Exercise Room

Instructor: Kristin Allen

5904.401 T & Th 5:30-6:45pm 10/5-12/7



## Fitness Boot Camp (varies)

Come join this fun fast paced, high intensity exercise class. We will work on improving cardio vascular endurance, strength and flexibility using calisthenics, free weights, medicine balls, agility ladders, stairs and more. You **WILL** see results all while having a great time in a supportive group atmosphere. Open to all fitness levels. Babies in strollers welcome. Bring a mat, water and a towel. Ages 18-over. Under 18 ok with parent permission.

Lab Fee: \$20 payable to instructor - includes equipment

Instructor: Traci Dos Santos

Location: San Bruno Park & Community Center

Cost: \$105 Resident, \$120 Non-resident (10 Classes)

5419.401 M,W,F 8:30-9:30am 9/8-9/29

Cost: \$137 Resident, \$152 Non-resident (13 Classes)

5419.402 M,W,F 8:30-9:30am 10/1-10/29

Cost: \$126 Resident, \$141 Non-resident (12 Classes)

5419.403 M,W,F 8:30-9:30am 11/1-11/29

Cost: \$84 Resident, \$99 Non-resident (8 Classes)

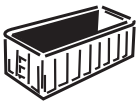
5419.404 M,W,F 8:30-9:30am 12/1-12/17



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# Adult Enrichment Classes

## New Financial Workshop for Individual Investors (3 classes)

During this series of workshops topics that will be covered are: Foundations of Investing, Making Sense of Retirement, Protecting What's Important and Preparing Your Estate Planning. Age 18-Over

Cost: \$22 Resident, \$28 Non-resident  
Location: Edward Jones Offices, 1001 Sneath Lane, Suite 107  
Instructor: Meg Rocas Finones  
5225.401 Th 10:00-11:30am 9/16-9/30

## Drop In Gym

### Mondays & Wednesdays - Basketball

San Bruno's Gymnasium is located at  
251 City Park Way

(Participants must show proof of age by valid California ID or Drivers' License or School ID).

\$4-Adult Open Play  
Basketball  
17 & Over  
7:30-9:15pm

\$2-Youth Open Play  
Basketball  
16 & Under  
6:30-7:30pm

This schedule is subject to change for  
special events & holidays

## Compost Workshop (1 class)

The County of San Mateo Master Composting Volunteers will provide a workshop to the public to educate and demonstrate how to compost and worm compost. Each class is 2 hours long (will cover the same material) and since the instructors are volunteers there may be different instructors for different days. All volunteer Master Composters have completed an intensive Master Composter Training Program of 20 initial hours and monthly in-service training. Ages - All Welcome!

Pre-registration for this class is desired. In the case of no enrollment, class will be cancelled two days prior to the meeting date.

Cost: Free  
Location: Recreation Center Conference Room 2  
Instructor: San Bruno Garbage Co. & County of San Mateo Master Composting Volunteers  
5205.401 Sat 9:30-11:00am 9/25  
5205.402 T 6:30-8:00pm 10/19  
5205.403 Sat 9:30-11:00am 11/20

# WHY GO ANYWHERE ELSE?

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**Meg Finones**  
Financial Advisor

1001 Sneath Lane Suite 107  
San Bruno, CA 94066  
650-952-2877

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# Adult Enrichment Classes

## American Line Dancing as Low Impact & Low Intensity Exercise Program (8 classes)

Line Dancing is for fun and excitement! Get lively, move with confidence, and stay fit while having fun with or without a partner. Learn various forms of line dancing, country line, flowing waltz, boogies, tango, cha-cha, foxtrot, and rumba using country, rock and roll, disco and pop music. Ages 18-over.

Cost: \$64 Resident, \$79 Non-resident

Drop In Fee: \$10 Resident, \$13 Non-resident

Location: Recreation Center Community Room

Instructor: Allen Isidro

5107.401 Th 7:15-8:45pm 9/9-10/28

5107.402 Th Drop In 9/9-10/28

## Level 2 - American Line Dancing as Low Impact & Low Intensity Exercise Program

(4 Classes)

Line Dancing is for fun and excitement! Get lively, move with confidence, and stay fit while having fun with or without a partner. This class is primarily for level 2 or Intermediate level dancers. Students will learn longer and/or faster dance routines! No class 11/11 & 11/25. Ages 18-over.

Cost: \$40 Resident, \$50 Non-resident

Drop In Fee: \$12 Resident, \$15 Non-resident

Location: Recreation Center Community Room

Instructor: Allen Isidro

5107.403 Th 7:15-8:45pm 11/4-12/9

5107.404 Th Drop In 11/4-12/9

## Guitar Workshop for Beginners (8 classes)

Learn all the basics for the guitar. This 8-week hourly class is designed for beginners. You will learn basic posture, fundamental chords, strumming patterns, and well known songs from different genres. Learn scale and chord formations and how to apply to the guitar. Learn how to read guitar music and how to interpret sheet music downloaded from the Internet. Learn how to accompany yourself on guitar. Ages 8-over.

Cost: \$150 Resident, \$165 Non-resident

Location: Vibo Music Center, 488 San Mateo Ave.

Instructor: Vibo Music Guitar Instructor

5117.403 M 7:00-8:00pm 9/13-11/1

5117.405 Th 7:00-8:00pm 10/7-12/9

## Salsa Dance Workshop "Let's Dance"

(8 or 6 Classes)

Learn the rhythms and movement of Salsa music. Each class covers different patterns in a supportive environment. Add some Salsa to your life! Ages 13-over.

Location: Vibo Music Center, 488 San Mateo Ave.

Instructor: Yaremys Kilday

Cost: \$116 Resident, \$131 Non-resident

5117.406 Sat 5:00-6:00pm 9/11-10/30

Cost: \$87 Resident, \$102 Non-resident

5117.407 Sat 5:00-6:00pm 11/6-12/11

## Belly Dance (8 classes)

Are you tired of Aerobics or don't find Jazzercise very creative? Try Belly Dance! A dance with ancient origins, it is not only great exercise, but also is highly individualistic, allowing each dancer to develop her own unique style. Instruction includes dance styles from Egypt (Cabaret, Ghawazee, Saidi), Tunisia, Morocco, Turkey, Persia and Afghanistan. The course, for beginning through advanced teens and adults, will also include instruction in costuming techniques appropriate to each style. Bring three yards of sheer 45 inch wide fabric and a set of four finger cymbals. Ages 13-over. Females only.

Cost: \$48 Resident, \$60 Non-resident

Location: Monte Verde Elementary School, 2551 St. Cloud Dr.

Instructor: Nancy Hernandez

5106.401 M 7:00-9:00pm 9/13-11/1

## Social Ballroom Dance (6 classes)

When you go to dance, do you envy those couples gliding around the floor? Join the beginning class and learn the basics in the Samba, Rumba, Cha Cha, Waltz, Foxtrot, Swing, Mambo, Tango and more. The Intermediate Class is a continuation of instruction from the Basic Class with the addition of NEW and advanced steps with emphasis on styling in all the dances. One basic series required before attending Intermediate Class. New intermediate steps every series. FOR COUPLES ONLY. Ages 16-over.

Cost: \$95 Resident, \$110 Non-resident (per couple)

Location: Forest Hill Christian Church,

250 Laguna Honda Blvd. SF

Instructor: Bart & Judy Lewis

5105.401 Beg Th 7:30-8:30pm 9/23-10/28

5105.402 Inter Th 8:30-9:30pm 9/23-10/28

## Instant Piano Workshop (1 class)

If you yearn to experience the joy of playing piano, but you don't want years of weekly lessons, this short course is for you. In just a few hours you can learn enough secrets of the trade to make piano playing a part of your life. How is it done? Typical piano lessons teach you note reading, but piano professionals use chords. You will learn all the chords needed to play any pop song in this one session: any song, any style, any key. And you'll get a healthy dose of insider secrets. If you already know your way around a keyboard a little, you know enough to enroll in this workshop. Ages 18-over.

Cost: \$50 Resident, \$63 Non-resident

Lab Fee: \$25 payable to instructor at class

Location: Vibo Music Center, 488 San Mateo Ave.

Instructor: Robert Laughlin

5117.408 M 6:00-9:30pm 10/18

# Adult Enrichment Classes

## Introduction to Fencing for Adults

**(6 Classes)**

We know, because our members tell us: going to a gym and working out is about as fun as getting teeth pulled. But we make it fun here at First Place Training Center with our adult beginning fencing class. Learn how to fence, have fun and you won't even notice the weight silently slip away. Classes are held at First Place Fencing Club, 835 E San Carlos Ave, Suite B, San Carlos. For more information, contact the fencing club at (650) 592-1619 or by email: [start@firstplacefencing.com](mailto:start@firstplacefencing.com). Ages 13 & over.

Cost: \$99 Resident, \$114 Non-resident

Lab Fee: \$20 for equipment rental payable to instructor at class

Instructor: First Place Fencing Instructors

Location: First Place Fencing Club, 835 E. San Carlos Ave, Suite B

5407.401	T	7:00-8:00pm	9/14-10/19
5407.402	F	6:45-7:45pm	9/17-10/22
5407.403	T	7:00-8:00pm	11/2-12/14
5407.404	F	6:45-7:45pm	11/5-12/17

## Chinese Martial Arts Kung Fu (7 classes)

In this class, students will learn fundamental building blocks that will help develop skills required in more advanced levels of Kung Fu training. Learn the origin of Chinese Martial Arts, customs and philosophies, and in turn develop a respectful attitude toward others and themselves. Students will learn basic stances, punches, footwork, practical self-defense techniques, and a Northern Shao-Lin form. Uniform and equipment may be purchased from instructor. Students signing up for Beginner II must have completed the Beginner I class and permission from Instructor. Ages 18 & over.

Cost: \$70 Resident, \$85 Non-resident

Location: Monte Verde School, 2551 St. Cloud Dr. San Bruno

Instructor: Robert Louie & Herb Leung

Beginner I

5401.401	F	6:45-7:45pm	9/10-10/22
5401.402	F	6:45-7:45pm	10/29-12/17

Beginner II

5401.403	F	7:45-8:45pm	9/10-10/22
5401.404	F	7:45-8:45pm	10/29-12/17

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## Polite, Polished and Prepared

**(1 Class)**

Your education or experience may open the door, you have to make sure they ask you in. Polish and update your knowledge of business and social etiquette in a relaxed and pleasant atmosphere. Receive practical information so that you can successfully take part in any business or social occasion with ease and confidence. Whether you are entering the workforce, seeking a promotion, attending a conference, or just want to know what's in and what's out in the world of etiquette, this inter-active workshop is essential. We'll review topics such as: the importance of a first impression, the handshake, business card finesse, basic networking tips, appropriate sitting positions, returning a phone call, cell phones, and several other related topics. Polish and enhance your image in a relaxed and enjoyable atmosphere. You'll find that etiquette is not about being stuffy or prim and proper. Rosalinda Randall, Etiquette Consultant, has been presenting her etiquette programs over twelve years to children, teens, and adults. She was trained and certified by The Protocol School of Washington®. Ages 18 & over.

Cost: \$35 Resident, \$44 Non-resident

Instructor: Rosalinda Randall, Etiquette Consultant

Location: Recreation Center Conference Room 1

5207.401	W	7:00-8:30pm	9/22
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## Dine and Shine (1 class)

Tune up and refresh your etiquette skills in a relaxed and enjoyable atmosphere. Which one is my bread plate? Why can't I butter my entire dinner roll? American vs. Continental style of eating? Should a man assist in seating a woman? What about applying lipstick, wearing hats, elbows, pinky in the air, and who pays? Along with the answers to these questions, we will review: a simple and formal table setting, correct napkin placement, foods to avoid, and other overlooked dining details. In these challenging times, being equipped with the right skills can tip the scale in your favor. The information you receive in this inter-active workshop will allow you to confidently enjoy yourself in any dining situation, whether it is social or business related. "The reputation of a thousand years, may be determined by the conduct of one hour." --Japanese Proverb Rosalinda Randall, Etiquette Consultant, has been presenting her etiquette programs over twelve years to children, teens, and adults. She was trained and certified by The Protocol School of Washington®. Ages 18 & over.

Cost: \$35 Resident, \$44 Non-resident

Instructor: Rosalinda Randall, Etiquette Consultant

Location: Recreation Center Conference Room 1

5207.402	W	7:00-8:30pm	10/20
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# Adult Enrichment Classes



## Soft Medicine Ball & Band Boot Camp

(8 classes)

Work out harder than you would on your own. Increase your level of health, fitness and determination by joining us for these challenging yet safe workouts designed for fast results. Develop your strength, balance, endurance, coordination and flexibility, while discovering your hidden power and energy. We will maximize your ability to sculpt and improve your entire body, targeting the abs with every move. Combining resistance and cardio in a circuit program is an effective way to increase fat burning needed to reveal a lean defined midsection. Classes will progressively increase in intensity to help you continue to reach your personal best. I am a certified fitness trainer who loves making health a priority. Must purchase balls and bands thru me for uniformity and exercise design-no returns. Call Sandy, owner of HEALTHROUTES at 650-992-6131 to choose your ball weight and band thickness as soon as possible. Ages 16-over.

Cost: \$95 Resident, \$110 Non-Resident  
Drop In: \$14 Resident, \$18 Non-resident  
Lab Fee: \$35-\$45 depending on need-payment due 1st class (may use same ball & bands for future series)  
Location: Recreation Center Gym (am) & Meeting Room (pm)  
Instructor: Sandy Rosenbluth, Personal Trainer

5908.407	MW	6:00-7:00pm	10/25-11/17
5908.408	MW	6:00-7:00pm	11/22-12/15
5908.409	TTh	10:45-11:45am	9/14-10/7
5908.410	TTh	10:45-11:45am	10/12-11/4



## Hot yet Cool Exercise-Dance Mix

(6 Classes)

Add "flavor" to your life while getting an amazing workout. These 75 minute classes will exercise your whole body while you learn some dance moves, increase your stamina, strength, flexibility, balance and coordination, all while having fun. Lots of attention will be given to the stomach/waist. Each class has a dance emphasis section which will alternate. One class will focus on Salsa and the other R&B/Hip hop, with some great music. No previous dance experience needed. You will learn choreographed routines, feel the connection between exercise and dance, and see your fitness and rhythm improve. Plus each class will have a stretch and strengthen section, which will also have an edge to keep it interesting. I am a certified fitness trainer who loves making health a priority. For questions call Sandy, owner of HEALTHROUTES at 650-992-6131. Ages 13-over.

Cost: \$72 Resident, \$87 Non-resident  
Drop In: \$14 Resident, \$18 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Sandy Rosenbluth, Personal Trainer

5908.401	MW	5:45-7:00pm	9/13-9/29
5908.402	MW	5:45-7:00pm	10/4-10/20
5908.403	MF	10:30-11:45am	9/13-10/1
5908.404	MF	10:30-11:45am	10/11-10/29
5908.405	MF	10:30-11:45am	11/1-11/19

## Stress Reduction and Energetic

Fitness for Adults (7 classes)

In this class, you will learn simple yet effective techniques that will reduce high blood pressure, increase blood circulation, and increase muscular strength. The techniques and exercises are a combination of Tai Chi (low impact movement), Chi Gong (breathing exercises and the usage of sound for healing), and other philosophical traditions (meditations and exercises to increase focus and reduce internal dialogue). Each week, you will enter an adventure in learning how to relieve the mind, body, and internal organs of everyday stress, and to create within yourself your own energy resource program! No class 11/26. Ages 18-over.

Cost: \$84 Resident, \$99 Non-resident  
Location: Vibo Music Center, 488 San Mateo Ave., SB  
Instructor: Anthony Michael Peterson

5117.409	F	7:00-8:00pm	9/10-10/22
5117.410	F	7:00-8:00pm	10/29-12/17



## Zumba (10 classes)

Zumba is a dance fitness class that incorporates Latin and international music and dance moves. It's a great way to burn some calories while having fun. Class will include dance moves such as Cumbia, Salsa, Samba, Reggeaton and more. No dance experience needed. Ages 18-over.

Cost: \$96 Resident, \$111 Non-resident  
Location: Recreation Center Meeting Room  
Instructor: Karen Ojakian

5909.401	MW	12:00-1:00pm	9/13-10/13
5909.402	MW	12:00-1:00pm	10/18-11/17

## Lifeguard Instructor Course

This course trains instructor candidates to teach Lifeguard Training, including: First Aid and CPR for the Professional Rescuer, Lifeguard Management, AED Essentials, Oxygen Administration for Professional Rescuer and Basic Water Rescue. Prerequisites: 17 years old and successful completion of the Pre-Course Session, with an exam score of 80% or better and demonstration of competency in the pre-course skills. Candidates must attend all class sessions. Current Lifeguard Training certificate and Fundamentals of Instructor Training (FIT) Certificate preferred. Class will be held in Pacifica. **Registration Deadline: 11/1.**

Cost: \$200 per person  
Location: Pacifica Community Center, 540 Crespi Drive  
Instructor: Jennie Tucker and Vicki Russo

0901.401	MW	5:00-9:00pm	11/8-11/17
	Sat	10:00am-5:00pm	11/20
	Sun	10:00am-1:00pm	11/21



# Adult Enrichment Classes

## Creative Ceramics (8 classes)

Here's your chance to make individualized gifts for those special friends. Our new kiln is here and we will be trying some experimental glazes in a controlled firing. Our glazes are oven and microwave safe as well as food safe. The class is open to beginners and advanced students. Coil, pinch and slab work will be covered wheelwork introduced. Create your own casserole dishes, platters, mugs and sculptures with microwaveable - lead free glazes. Learn hand work as well as wheel throwing, slab, coil and sculpture introduced. Lab fee covers cost of glaze and firing. Clay is available at cost. Wear your old clothes or smocks! Ages 15-over.

Cost: \$46 Resident, \$57 Non-resident

Lab Fee: \$10 payable to instructor at first class

Location: Recreation Center Ceramics Studio

Instructor: Marilyn Bennett

5002.401 T 6:30-9:15pm 9/14-11/2

5002.402 W 9:30-11:45am 9/15-11/3

## Fun Part-Time Jobs (1 class)

Get paid to sample food, to dine out, for your opinions, to shop, to go bowling, to work out in a gym, to be in a movie or TV, to share your hobby, and many more! No age limit, no education or experience required. Instructor Dan Tilles has done them all and will tell you who hires, how to apply, what they pay and everything else you need to know to make money having fun. Ages 18-over.

Cost: \$27 Resident, \$34 Non-resident

Lab Fee: \$1 payable to instructor at class

Location: South San Francisco Municipal Building,  
33 Arroyo Dr.

Instructor: Dan Tilles

5204.401 W 7-9:30pm 9/14

## Exercise Room San Bruno Residents Only

The San Bruno Exercise Room is located at the front of the Veterans Memorial Recreation Center. The room is 625 square feet, has natural sun light and fresh air circulation. Equipment includes a Universal Weight Lifting Machine, Olympic bench press, free weights, exercycle, treadmill, Stairmaster, Smith Glide Machine, Leg Curl/Extension machine, and dumbbells. Users must register at time of first use and carry San Bruno issued I.D. Card whenever using the facility. Please note: only San Bruno residents over the age of 18 are permitted to use the exercise room. All exercise room hours are coed and gym is closed on Tuesdays and Thursdays from 5:15-7pm for class.

### Hours of Operation:

Monday-Thursday: 8am-9pm

Friday: 8am-5pm

Saturday: 9am-1pm

Cost: \$4 one day pass

\$24 per month

\$95 per 6 months

## Porcelain Dolls (8 classes)

Create a doll for someone special and a gift that can be treasured forever. Complete a doll of your choice in porcelain. After using our molds, you will be instructed in cleaning and finishing techniques as well as china painting to decorate dolls. A wide variety of dolls will be reproduced, antique as well as new modern dolls are available from 2" to 36". Supplies, greenware, china paints and tools purchased separately from instructor. Ages 15-over.

Cost: \$36 Resident, \$44 Non-resident

Lab Fee: \$10 payable to instructor at first class

Location: Recreation Center Ceramics Studio

Instructor: Marilyn Bennett

5001.401 T 6:30-9:15pm 9/14-11/2

5001.402 W 9:30-11:45am 9/15-11/3

50+ Ceramic classes & Oil Painting offered at the Senior Center by the San Mateo Adult Education. For more information see 50+ pages or contact the Senior Center at 650-616-7150.

## Sketching, Painting & Watercolor (8 classes)

Sketching and drawing will be done using the "Right Side of the Brain" techniques, which encourages an original and inspirational approach. Students will learn how to handle water interactive, spontaneous, fresh way, techniques of watercolor will be covered. Emphasis on color blending, values building and composition will also be covered. Please bring any brushes, sketchbooks and watercolor paper you will need. Brushes are also available through the instructor at a minimal cost. This class is open to all beginning and intermediate students. Ages 15-over.

Cost: \$38 Resident, \$47 Non-resident

Location: Recreation Center Ceramics Studio

Instructor: Marilyn Bennett

5005.401 T 6:30-9:15pm 9/14-11/2

5005.402 W 9:30-11:45am 9/15-11/3

## Card Making~ (1 class)

In this class, you will make 6-8 cards for all occasions. You will use a variety of papers, stickers and lots of different embellishments to make unique cards that are almost a gift in themselves! You will also learn how to make a pop-up card in this class! Ages 16-over.

Cost: \$30 Resident, \$38 Non-resident

Lab Fee: \$10 payable to instructor at class

Location: Recreation Center Tiny Tots Room

Instructor: Christine Hopkins

5021.401 W 6:30-8:30pm 10/20

# Adult Enrichment Classes



## Fused Glass Ornaments and Other Extraordinary Gifts

### Beginner and Advanced Students (6 Classes)

The best gifts are the ones that you make. Come and learn the beautiful and extraordinary art of glass fusion! After completing this course you will learn to create a fused glass Window Suncatcher, Christmas tree ornaments, a slumped bowl, a glass night light or a napkin holder. Basic glass cutting and fusing skills will be learned. HAVE NO FEAR fusing glass is easy to cut and shape and does not fracture like regular glass. If you have experience, try some new media and learn new techniques with inclusions, glass paints and enamels! All of your tools, cutters, saws, grinders and a kiln as well as fusing glass supplies will be provided. New molds have been purchased - come see! Class sizes are limited so sign up early! Ages 13-over. Ages 8 and over with parent participation.

Cost: \$90 Resident, \$105 Non-resident

Lab Fee: \$55 payable to instructor, includes glass, molds and firing - Iridescent and dichroic glass will be available

Location: Recreation Center Ceramics Studio

Instructor: Charna Conway

5015.413	M	10:00am-12:00pm	10/11-11/15
5015.414	M	7:00-9:00pm	10/11-11/15

## Fused Glass Jewelry (6 classes)

Continuing students will always learn something new in this class. New MICROWAVE KILNS ARE NOW AVAILABLE AND INEXPENSIVE so once you learn the basics you can do this rewarding art form at home. Advanced students will explore inclusions, enamels, milliflorii and much more. Come and learn the beautiful and extraordinary art of glass fusion from professional artist Charna Conway! After completing this course, you will not only come away with a sun catcher, pendant, earrings and a pin, but the basic knowledge of FUSING GLASS. All of your tools and supplies will be provided. Once you learn this beautiful art form you will be amazed at what you can create. What a wonderful BONDING EXPERIENCE to do with your child! All projects will be fired by instructor. Class sizes are limited so sign up early! Ages 13-over. Children over 8 can sign up with a supervising adult or any child that has made that has made glass with Charna in the past.

Cost: \$90 Resident, \$105 Non-resident

Lab Fee: \$35 payable to instructor, includes glass and firing

Instructor: Charna Conway

Location: Recreation Center Ceramics Studio

5015.411	M	10:00am-12:00pm	10/11-11/15
5015.412	M	7:00-9:00pm	10/11-11/15

## Fused Glass Workshop (4 Classes)

Come in and find out what glass fusion is all about. In this workshop you will learn the fundamentals of glass fusion and make a fused glass project as well. Learn the entire basis as well such as glass cutting and grinding and other skills necessary to create fused glass. You may sign up for one of the workshops or take all four and complete a variety of projects. This is a unique opportunity to experience this expensive medium for a fraction of the cost you will find anywhere else. So come in and see why fused glass is the hottest new craze. Ages 15-over. Ages 8 and over with parent participation.

Cost: \$70 Resident, \$85 Non-resident

Drop In: \$20 Resident, \$25 Non-resident

Lab Fee: \$40 payable to instructor (\$10 per class)

Location: Recreation Center Ceramics Studio

Instructor: Charna Conway

5015.408	Drop In		
5015.409	M	10:00-11:00am	10/18-11/8
5015.410	M	7:00-9:00pm	10/18-11/8



## Create Beautiful Mosaic Frame or Table top (4 classes)

Professional artist Charna Conway will teach you all of the mosaic techniques to create your own stunning plant pot for adding color to your home or garden or table top that will stun your friends and family. Students will learn how to cut and shape tile as well as tons of tricks of the trade to make other stunning mosaic projects. All of your mosaic supplies and tools will be provided. Class size is limited so sign up early for this fantastic class. Ages 13-over. Ages 8 and over with parent participation.

Cost: \$75 Resident, \$90 Non-resident

Lab Fee: \$20 and more for a large project. Payable to instructor

Location: Recreation Center Ceramics Studio

Instructor: Charna Conway

5015.415	M	9:00-11:00am	10/18-11/8
5015.416	M	7:00-9:00pm	10/18-11/8



## Learn to Paint on Fabric! (4 classes)

Make a one of a kind beautiful pillow for your couch or love seat, or dress an old jean jacket in this special four-session class. Professional artist and designer Charna Conway's unique teaching techniques will enable students to create magic while learning the art of fabric painting. This useful art form can change an old wardrobe into a new one as well as inspire and create new elements for your home. All of your supplies will be provided for you. Ages 13-over. Ages 8 and over with parent participation.

Cost: \$55 Resident, \$69 Non-resident

Lab Fee: \$20 payable to instructor at first class

Instructor: Charna Conway

Location: Recreation Center Ceramics Studio

5015.417	W	6:00-7:30am	10/20-11/10
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# Adult Enrichment Classes

## Cake Decorating~ (5 Classes)

In this class you will learn the basics of cake decorating and more! This class will cover everything you need to get started decorating cakes that will impress you, your friends and family. We will learn to make roses, level a cake, make icing, make decorative strokes such as stars, shells, leaves, stems and clowns. After the first week students will need to bring icing as well as a cake or cupcakes to decorate. Ages 16-over.

Cost: \$55 Resident, \$69 Non-resident

Lab Fee: \$40 payable to instructor for cake decorating kit

Location: Recreation Center Tiny Tots Room

Instructor: Christine Hopkins

5024.401 W 6:30-8:30pm 9/8-10/6

5024.402 W 6:30-8:30pm 11/3-12/1

## Scrapbooking~ (1 class)

Do you have lots of pictures and want to get them organized? This class will teach you the basics of scrapbooking. You will make pages that are easy to put together but have lots of impact. You will work with a variety of papers and embellishments so you can experiment with a lot of different looks! Ages 16-over.

Cost: \$30 Resident, \$38 Non-resident

Lab Fee: \$10 payable to instructor at class

Location: Recreation Center Conference Room 1

Instructor: Christine Hopkins

5025.401 W 6:30-8:30pm 10/27

## Free Water-Efficient Landscape Classes

### Lawn Removal Management &

### Maintenance (1 class)

Saturday, August 21

9:00am-12:00pm

Find out how replacing lawns appropriately can provide beautiful landscape and reduce maintenance costs.

Instructor: Frank Niccoli

Location: Recreation Center Meeting Room

### Alternatives to Lawns (1 class)

Saturday, September 11

9:00am-12:00pm

Find out how to select the California Natives that will thrive and create beauty in your garden.

Instructor: Peigi Duvall

Location: Recreation Center Meeting Room

All classes are FREE!

First-Come, First-Served.

Registration is required.

To register or for more information, call

(650) 349-3000 or email

landscape@bawsca.org

www.bawsca.org

## Polymer Clay~ (1 class)

Have you wanted to experiment with polymer clay but weren't sure where to begin? This class is the place! This class will cover the basics of polymer clay, how to get started as well as a lot of different techniques. You will also learn basic cane making and make some fun projects that can be taken home, ready to bake! Age 16-over.

Cost: \$30 Resident, \$38 Non-resident

Lab Fee: \$10 payable to instructor at class

Location: Recreation Center Tiny Tots Room

Instructor: Christine Hopkins

5023.401 W 6:30-8:30pm 10/13

## Build a Gingerbread House - For parents and children! (1 class)

In this two-hour class, we will use a gingerbread kit, and take it to the next level. We will assemble the house, and then decorate it! We will use lots of great materials. You will make a house that is unique, and will get you into the holiday spirit. All materials will be provided. This is a great class for parents & children to take together.

Cost: \$25 Resident, \$31 Non-resident (for 2 students)

Lab Fee: \$25 payable to instructor at class

Location: Recreation Center Tiny Tots Room

Instructor: Christine Hopkins

5029.401 M 6:00-8:00pm 12/6

5029.402 Sat 11:00am-1:00pm 12/11

## Instructors Wanted

Do you have a special talent or skill that you want to teach others? The Recreation Division is looking for instructors to teach new classes. Email us with your teaching interest at:

dbrewer@sanbruno.ca.gov (adult classes)

jtucker@sanbruno.ca.gov (youth classes)

## Holiday Ornaments (1 class)

In this fun class, we will make six different holiday ornaments. Each of these is quick & easy to make, and you will want to make more of them at home! We will use tinsel, sequins, beads, wire, jingle bells & more to make ornaments that will work well on the Christmas tree, or as a package decoration. Ages 16-over.

Cost: \$30 Resident, \$38 Non-resident

Lab Fee: \$10 payable to instructor at class

Location: Recreation Center Tiny Tots Room

Instructor: Christine Hopkins

5028.401 W 6:30-8:30pm 12/8

5028.402 W 6:30-8:30pm 12/15

5028.403\* Sat 2:00-4:00pm 12/11

\*Class for parents & children



# Family Outdoor Trips



## Band Night at the Boardwalk

We are heading out to beautiful Santa Cruz for an evening outdoor adventure trip. Come out and enjoy Top 40 bands from the 70's, 80's and early 90's on the beach bandstand. The band line up will be available during this time. Tickets must be purchased separately for those who are interested in riding the rides on the Boardwalk. We'll depart from the Recreation Center and travel in City vans. Remember to pack a dinner, or bring money for dinner. Bring water, a camera, and wear layers of clothing. For more information call Dee @ 616-7183. **Please register before August 6<sup>th</sup>.**

Cost: \$18 Resident, \$23 Non-resident

Location: Santa Cruz

Staff: Recreation Leaders

5582.301 Sat 3:00-9:30pm 8/21



## Chocolate Festival

Come join us for the 15<sup>th</sup> annual Ghirardelli Square Chocolate Festival. Indulge in chocolate delicacies, sip wine, and enjoy chocolate inspired family activities. Proceeds benefit 'Open Hand'. We'll depart from the Recreation Center and travel in City vans. Bring your lunch, water, a camera, and wear sturdy shoes. For more information call Dee @ 616-7183. You must be 21 years of age or older to participate in this trip. **Please register before August 27<sup>th</sup>.**

Cost: \$40 Resident, \$50 Non-resident

Location: San Francisco

Staff: Recreation Center Staff

5587.401 Sat 11:00am-3:00pm 9/11



## Hike Mt. Tamalpais & Eat a Pancake Breakfast!

The trails of "Mount Tam" are one of its greatest attractions. Enjoy a 4-mile round trip hike up Mt. Tamalpais, in Marin County. We will stop at the West Point Inn and enjoy a pancake breakfast. The Inn was built in 1904 as a stopover and restaurant on the Mill Valley/Mt. Tamalpais Railway line; this rustic inn offers panoramic views of the East Bay, San Francisco, the Marin Headlands, and one tower of the Golden Gate Bridge. Participants will meet at the Recreation Center and travel in City vans. Please be sure to bring water, wear layers of clothing, and bring water and snacks. The pancake breakfast is included in the cost. Bring extra money if you would like to make any additional food purchases at the Inn. For more information call Dee @ 616-7183. **Please register before Oct 1<sup>st</sup>.**

Cost: \$40 Resident, \$50 Non-resident

Location: Marin

Staff: Recreation Center Staff

5570.401 Sun 7:00am-1:30pm 10/10

## Santana Row

Back by popular demand! Get started or finish your holiday shopping. We'll visit an area like a true urban village; a town-within-a-town where you might think you're living in a village in southern France, Italy or Spain, when you're actually residing at San Jose's Santana Row, a one-of-a-kind neighborhood that blends a distinctive mix of living, shopping, and dining experiences. This experience is at your leisure! We'll depart from the Recreation Center and travel in City vans. Remember to bring your lunch or money for lunch. Don't forget money if you want to shop! For more information call Dee @ 616-7183. **Please register before November 5<sup>th</sup>.**

Cost: \$24 Resident, \$30 Non-resident

Location: San Jose

Staff: Recreation Center Staff

5589.401 Sat 9:00am-3:00pm 11/13

**TONY'S AUTO REPAIR**

601 Kains Avenue  
San Bruno, CA 94066



**DAVID S. HARDERS**

Owner  
Certified Toyota Technician  
Foreign and Domestic

Tel. (650) 583-6719  
Fax (650) 869-4120

Paid Advertisement

# Adult 50+ Travel & Day Trips

San Bruno Senior Center 1555 Crystal Springs Road - 650-616-7150

## Register for the following excursions at the San Bruno Senior Center

### Lake Tahoe Overnight

#### Featuring Harvey's Resort Casino

September 19-20

\$135 per person double occupancy

\$30 additional single supplement

Visit beautiful Lake Tahoe. Includes overnight accommodations at Harvey's Resort Casino, stop at Red Hawk Casino, deluxe motor coach transportation and luggage handling.

### Christmas Beach Blanket Babylon

Sunday, November 21

\$125 per person

Enjoy a hosted lunch at Fisherman's Wharf Capurro's. Then it's off to a special Christmas Performance of San Francisco's most popular show, Steve Silverman's Beach Blanket Babylon. A zany musical spoof of pop culture with extravagant costumes and outrageously huge hats. It is the longest running hit musical revue in theater history. Please note: The best seats have been reserved for you. There are a few stair steps involved to get to Center Balcony Seats.

### Celebrate Christmas with Craig

Wednesday, December 8

\$75 per person

Enjoy the holiday lights of Marin and San Francisco with our favorite docent, Craig Smith. The first stop is the Hyatt Regency Hotel for a look at their extraordinary decorations. Then it's off to Pier 39 for dinner at the Fog Harbor Fish House. Then to Ghirardelli Square for a chocolate sample and to see their tree. Finally, off to Novato for viewing of the Rombeiros' Christmas House. This family has been putting together their house for the last 24 years and every year it gets bigger and more outrageous.

### Spirit of Christmas

December 12-13

\$160 per person double occupancy

\$25 additional single supplement

The Spirit of Christmas comes alive in this high energy, beautifully produced Christmas spectacular, featuring newly produced segments with your favorite Christmas songs, dazzling costumes and scenery, high stepping kick lines and amazing singers and dancers. Includes transportation, luggage handling, one-night accommodations at El Dorado Hotel Casino, show, breakfast and dinner and a hosted cocktail party.

### Overnight Reno Trips

Trip includes an overnight stay at the Silver Legacy Hotel in Reno, food coupons and cash bonus. If you have additional questions, please contact Barbara Luzaich at 650-583-6745. Sign up at the San Bruno Senior Center only. Ages 50+

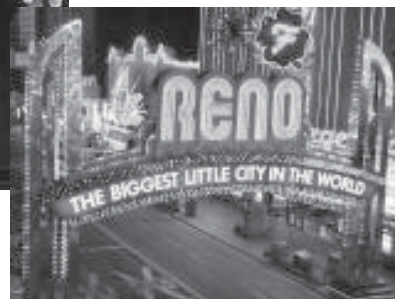
Cost: \$84 per person double occupancy, \$95 per person single occupancy

Days: Sunday & Monday

Dates: 9/26 & 9/27 and 11/28 & 11/29.

Time: 8:00am

Pick Up Location: San Bruno Park Pool Parking Lot



### Indian Casino Day Trips

Depart San Bruno Park Pool Parking Lot at 8am and travel to an Indian Casino where you will enjoy casino action. Sign up at the San Bruno Senior Center only. Ages 50+

#### **Red Hawk - \$32**

Wednesday, September 22

\$15 casino cash

#### **Cache Creek - \$32**

Tuesday, October 26

\$5 Match Play, \$5 Table Games, \$2 Food Credit

#### **Thunder Valley - \$32**

Wednesday, November 24

\$10 casino cash, \$5 food credit

#### **No December Trip**

# San Bruno Senior Center - Adults 50+

1555 Crystal Springs Road - 650-616-7150

## Art & Special Interests, Exercise, Music & Dance

### Mondays

3-Mile Hike.....	8:15am
*Ceramics .....8/30-12/13.....	9:00am
Zumba Gold.....	9:45am
*A Conversation in the Arts....8/30-12/13....	10:00am
Ballroom Dancing (to live music).....	11:00am
Advanced Tap Dance.....	12:30pm
Bridge.....	1:00pm
*The Stories of Our Families, Neighborhoods & Heritage.....8/30-12/13.....	1:00pm
Computer Club.....	1:00pm
BINGO.....	1:10pm
Beginning Tap.....	1:30pm
Jazz Dance.....	2:30pm
*Gentle Pilates....8/30-12/13.....	3:30pm
*Yoga.....8/30-12/13.....	4:30pm

### Tuesdays

Fun & Fitness Exercise.....	9:00am
Spanish Lessons.....	10:00am
Dance Party - DJ.....	10:30am
Computer Club.....	1:00pm
Ukulele Lessons.....	1:00pm
Ballroom Dance Lessons.....	2:00pm

### Wednesdays

3 Mile Hike.....	8:15am
Advanced Western Line Dancing.....	9:00am
Stained Glass.....	9:30am
Eye Glass Repair....(2 <sup>nd</sup> Wed).....	10:00am
Ballroom Dance (to live music).....	10:45am
Computer Club.....	1:00pm
*Current Affairs.....9/1-12/22.....	1:00pm
Beginning Western Line Dancing.....	1:00pm
Intermediate Western Line Dancing.....	2:00pm
Men's Haircuts....(1 <sup>st</sup> & 3 <sup>rd</sup> Wed).....	2:45pm
Tai Chi.....	3:15pm
BINGO.....	1:10pm
*Yoga.....9/1-12/22.....	4:30pm
Zumba.....	6:00pm

### Daily Drop In Activities

Puzzles  
Pool Tables  
Cards  
Twice Monthly Pedro Tournaments  
Monday and Friday afternoon Bridge Club  
Lunch & Transportation programs sponsored in part  
by San Mateo County Area Agency on Aging.

### Thursdays

Fun & Fitness Exercise.....	9:00am
Creative Writing.....	10:00am
*Yoga .....9/2-12/16.....	10:00am
*Oil/Acrylic Painting....9/2-12/16.....	12:30pm
Softball .....	10:30am
Ballroom Line Dancing.....	1:00pm
Coping with Change & Loss Support Group..	1:00pm
Pedro (1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Thursday Tournament)...	12:30pm
Thursday Night BINGO.....	5:00pm
(sponsored by Non-Profit Nutrition Site Council)	

### Fridays

3 Mile Hike.....	8:15am
Advanced Tap Dance.....	9:00am
Knitting.....	9:00am
Movie (1 <sup>st</sup> Friday).....	9:30am
Music Sing Along (2 <sup>nd</sup> Friday).....	11:00am
Computer Club.....	1:00pm
Bridge.....	1:00pm
Gardening Class.....	1:00pm
BINGO.....	1:10pm
Ping Pong (2 <sup>nd</sup> & 4 <sup>th</sup> Friday).....	1:30pm

### \*Sponsored by San Mateo Adult Education

#### San Mateo Adult Education Programs

Held at San Bruno Senior Center  
All seniors (50+) are invited to participate in all classes.  
Co-sponsored with San Mateo Union High School District. There is a nominal fee for the above co-sponsored programs.

<u>Class</u>	<u>Instructor</u>	<u>Day</u>	<u>Times</u>
Ceramics	Ann Grannis	M	9am
Conversation in Arts	Adam Donovan	M	10am
Stories of Our Heritage	Adam Donovan	M	1pm
Pilates	Stephanie Funk	M	3:30pm
Yoga	Matt McGovern	Cory M & W	4:30pm
Current Affairs	Jack Mather	W	1-2:30pm
Yoga	Rebecca Blake	Th	10:30-11:30am
Painting	Jeri McGovern	Th	12:30-3:30pm

Individual Class Fees range from free to \$5 per class.

Adult Education Classes: \$30 Class Card per course for 65+. \$50 Class Card per course for 50-64 years.



# Adults 50+ Clubs & Services

1555 Crystal Springs Road - 650-616-7150

## Social Service Hotline

**1-800-675-ties (8437)**

### American Association of Retired Persons (AARP)

Monthly meetings at the San Bruno Senior Center, second Saturday of each month, 9:00am – 12:30pm.

### San Bruno Senior Club

The San Bruno Senior Club meets every Thursday at the Recreation Center from 10:00am to 3:00pm. Members bring a bag lunch, play cards, BINGO and may participate in special monthly excursions. Transportation is available to and from the club. Call Arland Sponsler at (650) 583-2000.

### Computer Club

Membership is open to everyone over 50. We offer classes (including beginners), practice time and coaching. Current information is posted on the Club Bulletin Board in the Center's Conference Room. Questions call (415) 334-3434.

### Blood Pressure Checks

Come have your blood pressure and glucose screened the second Tuesday and last Friday of each month from 9:30-11am. There is no charge for this service. This program is sponsored by Senior Focus, Mills-Peninsula Health Services and San Mateo County Aging & Adult Services. 60 years and older.

### Health Insurance Counseling and Advocacy Program (Hicap)

Call 1-800-434-0222 to speak to our volunteer health insurance counselor who is available for Tuesday appointments. She will help answer your questions about medicare and health insurance issues including HMO's and Long Term Care.

### Free Annual Health Screening

**Tuesday, September 14**

**San Bruno Senior Center**

**9am-11:30pm**

Complete Cholesterol Profile\*  
Blood Pressure      Blood Glucose  
Weight      BMI

Consultation with a nurse

\*12 hour fast required for blood cholesterol screening

**Sponsored by Mills-Peninsula Senior Focus.**

**Mandatory Pre-Registration required.**

**Call the senior center for more information.**

## Social Services

Susan McCaman at (650) 616-7155 is available to assist and answer questions pertaining to senior health care, transportation, employment, respite care, tax assistance, social security, insurance, home delivered meals, housing, and more. If you are homebound or know of someone who can use assistance or support, call Susan. There is no charge for this valuable service for San Bruno residents, but donations are accepted.

### Minor Home Repair Program for Senior Homeowners

If you have problems with Screen Doors, Broken Windows, PG&E Weather Stripping or Minor Plumbing Repairs, call North Peninsula Neighborhood Services to see if you qualify for assistance. 650-583-3373

### Help at Home: A Guide to Assist San Mateo County Residents to Remain at Home

The Help at Home guide is a mini-reference guide designed to assist San Mateo County adults of all incomes to remain in their homes when they are ill, disabled, or in crisis. The guide includes listings for Aging & Adult Services of San Mateo County, adult day care centers, grocery and meal delivery services, dining centers, home care services, home health agencies, medical insurance assistance, loan closets, medical equipment, support groups, transportation, and more.

Help at Home is published by the San Mateo County Commission on Aging and the Peninsula Library System and contains no advertisements. Spanish and Chinese versions will be available and an online version can be accessed at <http://cip.plsinfo.org/hah.htm>. To obtain a free copy of the 2008-2009 booklet, please call the Peninsula Library System Community Information Program at 650-595-7950, or call Susan McCaman at the San Bruno Senior Center at 650-616-7155.

# Adults 50+ Activities

1555 Crystal Springs Road - 650-616-7150

## AARP Driver Safety Program

8:30am-12:30pm

October 13 & 15

AARP & San Bruno Senior Center sponsors a refresher-driving course for adults 50 and over. The cost is \$12 for AARP Members and \$14 for Non-AARP Members for two 4-hour sessions. Call the Senior Center to register.

## Fun & Fitness Exercise Class

Tuesday & Thursday - 9-10am

A light aerobic workout including stretches, choreographed to lively music. Get your body moving and join the fun!

Fee: \$3 for San Bruno Residents, \$3.50 for Non San Bruno Residents

## BOCCE BALL FOR PLAYERS 50+

FALL LEAGUE STARTS SEPTEMBER 24, 2010

Mondays 9/27 9:00am-1:00pm

Tuesdays 9/28 11:30am-3:30pm

Friday 9/24 9:00am-1:00pm

Registration Deadline: September 3, 2010

League Fee: \$5 per person per league day for non-members, Free for 2010 members

Four person teams plus one alternate

Sign up at the San Bruno Senior Center or call Mary Tessier at 616-7152.

## 2010 Fall Horseshoe League

League Begins September 8, 2010

Registration Deadline August 27, 2010

League plays Wednesdays from 9:30-11:30am at Beckner Shelter in San Bruno City Park.

Two Person Teams

League Fee: \$5 for non-members

Free for members

For more information, call Mary Tessier at 650-616-7152.

## New Year's Party

Thursday, December 30

10:30am - 1:00pm

Featuring:

The Knights of Nostalgia 6-Piece Band  
and your host Raoul Epling

Elegant Catered Lunch  
New Year Toast at Noon

Tickets Now Available

Requested Donation

\$12 in advance, \$15 at the door

## High Gas Prices? No Place To Park?

Why not try the BUS and leave the driving to us!  
Door to Door Service to the Senior Center for San Bruno Residents Phone 616-7150

## Zumba Classes

Join us for this new exercise sensation, which is an exciting and fun dance workout to a fusion of Latin and International music.

**Zumba:** A more active class for those wanting a challenging workout.

Instructor: Yenis Cotua

Wednesdays, 6:00-7:00pm

\$5 Resident, \$8 Non-resident

**Zumba Gold:** A slower version of the same class designed so that even beginners can enjoy a safe, yet dynamic workout.

Instructor: Kathy Schmidt

Mondays, 9:45-10:30am

\$4 Resident, \$5 Non-resident

## Softball League

Team of enthusiastic players (50+) who practice and play softball on Thursday mornings (usually 10:30-Noon) at Diamond #2 in San Bruno City Park. New players, male and female, encouraged to join us for some fun and exercise.

League Fees: \$10 per person

For more information call Mary Tessier at 650-616-7152.

## Talent Show

Master of Ceremonies:  
Raoul Epling

Friday, September 24  
10:30am - 1:00pm

Lunch & Show: Suggested donation  
\$5.00 in advance, \$6.50 at the door

Performances and demonstrations from some of our wonderful classes and Senior Center talent. If you are interested in performing, call Mary at 616-7152 or sign up at the front desk. Deadline to register is September 17. Come cheer on the "talent" and stay for lunch.

# Lunch Program

1555 Crystal Springs Road - 650-616-7150

Pick up your monthly Senior Center Activities Bulletin at the Senior Center Reception Desk and check out our daily lunch menu! Our talented chef, Gloria Deeter prepares food onsite to provide you with delicious meals that you can enjoy with your friends on the deck overlooking Junipero Serra Park or in our beautiful dining room. If you're at least 60 years old (and registered), the requested donation for each meal is only \$3.00. Registration is easy. Just stop by and we'll show you how. If you're younger than 60, the cost for each meal is \$5.50. Co-sponsored by San Mateo County Area Agency on Aging.

## "Freddie's Cafe"

Monday - Friday  
8:00am-4:00pm

Now serving Espressos, Lattes,  
Mochas, Cappuccinos, Speciality Drinks,  
Chai Tea, Hot Chocolate, Tea, Hot Apple  
Cider, Italian Sodas, and Sandwiches!  
OPEN TO THE PUBLIC!

## Salad Bar

Monday - Friday  
11:00am - 12:15pm  
\$3.50 Donation

For people 60+ and registered for the Senior  
Center Lunch Program

## Fun Events at San Bruno Senior Center

### **Friday, September 24**

Talent Show

### **Monday, October 1**

OctoberFest

### **Monday, October 11**

Italian Fest

\$5 in advance, \$6.50 at the door

### **Friday, October 29**

Halloween Party

### **Tuesday, November 2**

Election Day Party

### **Friday, November 19**

Thanksgiving Party

### **Friday, December 17**

Holiday Party

### **Thursday, December 30**

New Years Day Party

## Your Annual SBSC Voluntary Membership Application is waiting for you at the Senior Center Reception Desk.

Annual Membership fee is \$15 per year for San Bruno Residents, \$20 for non-residents. All membership donations are tax deductible and support the non-profit Information/Referral, Transportation, and Lunch Programs.

The benefits package includes:

One Lunch Ticket - \$3 value

One Free Happy Hour - \$5 value

One Free Biscotti or Pastry at Coffee Bar - \$1 value

Waive Senior Center League participation fees for Bocce, Horseshoes and Softball - \$55 value

Free use of the Billiards Table - \$20 value

Plus the satisfaction of supporting the San Bruno Senior Center - priceless

## Sunday Dances

### 1<sup>st</sup> Sunday of the Month

Line Dance with Jeanette Feinberg & Tina Beare  
1:00-4:00pm, \$5 seniors (50+) only.  
Refreshments, lessons and dancing!

### 3<sup>rd</sup> Sunday Dances

Come and dance the afternoon away with the Bob Gutierrez Band. Refreshments served.  
Your hosts: Raoul Epling & Akira Tsunoda  
1:00-3:30pm, \$5 per person

### Last Sunday Dance

Last Sunday of each month. Refreshments served.  
Live music with the Bob Gutierrez Band. Your hosts:  
Raoul Epling & Akira Tsunoda  
1:00-3:30pm, \$5 per person

The Non-Profit Senior Services Program  
Sponsors

## Thursday Night BINGO

Doors open at 5:00pm

Games begin at 6:45pm

Open to the Public

Maximum payouts

4 Early Birds; 17 regular games  
and much, much more!



# Special Event Order Forms

## Letters to Santa Order Form

Mail this form and \$3 per letter by December 7<sup>th</sup> to:  
Santa Claus, c/o San Bruno Community Services Department  
567 El Camino Real, San Bruno, CA 94066

PLEASE PRINT

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Mail Santa Letter to:

Child's Name: \_\_\_\_\_

Child's Street Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Dear (Name) \_\_\_\_\_

Greetings from the North Pole! I ho-ho-hope you are doing great! Everyone here is delighted that Christmas is just around the corner. Are you excited too? \_\_\_\_\_ told me that you really enjoy \_\_\_\_\_. Some of my elves enjoy that too. Speaking of the elves, the ones in the mailroom say that lots of kids your age are asking for \_\_\_\_\_ this Christmas. I'll see what I can do. Up here we always have a white Christmas. What do you think \_\_\_\_\_ will be like on Christmas Eve? Fortunately my reindeer can fly in any kind of weather!

(City or Town)

Well, time to help Mrs. Claus bake some cookies (and eat some dough when she's not looking)!

Have a Merry Christmas

Love Santa

P.S. Be sure to tell \_\_\_\_\_ "hi" for me!  
(Friend or family member)

## Santa Hot Line Registration Form

Mail this registration form and \$5.00 per phone call by December 7<sup>th</sup> to:  
Santa Claus, c/o San Bruno Community Services Department  
567 El Camino Real, San Bruno, CA 94066

Registrant's Name: \_\_\_\_\_

Registrant's Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Time Child/Children will be home on Thursday, December 16 between: (check best time)

\_\_\_\_\_ 5:00-6:00pm (0503.401) \_\_\_\_\_ 6:00-7:00pm (0503.402)

Please **PRINT** and fill in the blanks:

Child's Name: \_\_\_\_\_

Special gift from last Christmas: \_\_\_\_\_

Gift they would like this year: \_\_\_\_\_

Name of one of child's friends: \_\_\_\_\_

Any pets and their names: \_\_\_\_\_

Names of brothers & sisters: \_\_\_\_\_

A special vacation or trip this year: \_\_\_\_\_

Name of school, teacher, grade they're in: \_\_\_\_\_

Favorite cartoon character and/or movie: \_\_\_\_\_

Any other interests: \_\_\_\_\_

# Registration Information & Instructions

Registration begins immediately.

## Five Easy Ways To Register:

### 1. Mail-In

Mail completed form, payment, and health form if appropriate, in a sealed envelope to:  
Veterans Memorial Recreation Center  
567 El Camino Real  
San Bruno, CA 94066  
Attn: Class Registration

### 2. Drop Off

Place completed form and payment in a sealed envelope in the "Registration Drop Box" at the Recreation Center, Monday-Thursday 8:30am-8:30pm, Friday 8:30am-4:30pm, and Saturday, 9:30am-12:30pm or in the mailbox outside the building anytime.

### 3. Fax-In (650) 583-2545

Fax registrations will be accepted when paying by VISA or MasterCard. Please write clearly. Fax registration will be compiled with that day's mail.

### 4. Internet Online Registration

To register from the comfort of your home, visit the Community Services Activity Guide website at [www.sanbruno.ca.gov](http://www.sanbruno.ca.gov). A convenience fee applies.

### 5. Walk-In

Monday-Thursday, 8:30am-8:30pm, Friday, 8:30-4:30pm and Saturday, 9:30am-12:30pm. Bring completed form to the Veterans Memorial Recreation Center in San Bruno City Park, 251 City Park Way.

## E-Mail Addresses

San Bruno Recreation Services Division will be asking for your e-mail address when you register for classes so we can contact you with updates, bulletins, and special event notices. We will not sell or share your address. You will always have the option to opt out of our address list.

## Photo Use

The City of San Bruno reserves the right to photograph facilities, activities and program participants for potential future use. All photos will remain the property of the City of San Bruno and may be used for publicity, promotional or website purposes only.

## Registration Information

1. There will be a \$26 fee for each returned check; payment must be made by money order or cash.
2. Resident fee applies to anyone living within the San Bruno City limits, all others must pay non-resident fee.
3. For classes located on school grounds, use of tobacco products is prohibited.
3. For hearing impaired persons, call California Relay Services at 1-800-735-0373 (Voice) or 1-800-735-0193 (TTY).
4. Make checks payable to "San Bruno Recreation".
5. A registration confirmation will be emailed to you so don't forget to include your email address.
6. DO NOT mail cash.
7. Visa/MasterCard payment is available. Accurately complete the designated box on the registration form.

## San Bruno Resident Status

Residents live or own property in the City of San Bruno. All others are non-residents. We may require proof of residency. Acceptable proof of residency could be a current tax, utility bill or driver's license.

## Program Participation Minimums

In order to provide a positive experience for residents, each class, program or activity has a minimum participation requirement. From time to time, a program may be cancelled due to minimum participation numbers not being met. All participants are urged to enroll early to avoid programs being cancelled.

## Refund Policy

Full refunds will be issued only upon the Department's cancellation of a class or activity. Please allow 3 weeks for refunds to be processed. If you choose to withdraw from a class at least 3 working days prior to the first class meeting, you will receive a refund for the amount of the class, less a \$6.00 service charge per activity. If you choose to withdraw from a class less than 3 working days prior to the first class meeting, you may not receive a refund for that class. All refund requests will be taken on a case-by-case basis.

## Swim Lesson Refund Policy

Anyone who wishes to cancel a swim lesson must contact the pool office at least 24 hours in advance. All cancellations will incur a \$6 fee.

## Right to Deny Service

In the interest of the safety and well being of all participants, the City of San Bruno reserves the right to deny service to any participant.

# Registration Form



Please fill out the form below and mail with your payment to:

MAILING ADDRESS:

Veterans Memorial Recreation Center  
567 El Camino Real  
San Bruno, CA 94066  
650-616-7180 (phone)  
650-583-2545 (fax)

PHYSICAL ADDRESS:

251 City Park Way  
San Bruno, CA 94066

Payer Name: \_\_\_\_\_  
(First Name) (Middle Initial) (Last Name)

Address: \_\_\_\_\_  
(City) (Zip)

Home Phone:( ) \_\_\_\_\_ Day Phone:( ) \_\_\_\_\_ Emergency:( ) \_\_\_\_\_

Email address: \_\_\_\_\_

Receive your receipt by email and be included in our regular email updates.

Participant's Full Name	Grade	Sex M/F	Birthdate (all participants)	Code Number 1 <sup>st</sup> Choice	Code Number 2 <sup>nd</sup> Choice	Activity Name	Program Fee

☐ Yes, I have added \$\_\_\_\_\_ to support the Youth Recreation Scholarship Program. Total Fees  

**Liability Release:** In consideration of my application for the above activity, I hereby waive, release, and discharge any and all claims for damage for death, personal injury or property damage, which I may have, or which may hereafter occur to me, as the result of participation in said event or activity. This release is intended to discharge in advance the City of San Bruno, its officers, employees, agents or volunteers from liability, even though that liability may arise out of negligence or carelessness on the part of persons or entities listed above. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing these risks, I hereby assume those risks. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. In the interest of the safety and well being of all participants we reserve the right to deny service to any participant. By signing this release, I agree to the use of my name and/or photo for City publicity. The city is not responsible for lost or stolen items.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Parental Consent:** (To be completed if applicant is under 18 years of age): I give my consent for my son/daughter \_\_\_\_\_ to participate in the above activity and I execute the above liability release on his/her behalf. I have read and understood the foregoing registration form, liability release form, and parental consent form, and agree to all their terms and conditions.

It's Easy! You can even use your credit card!

☐ Visa ☐ M/C

Signature \_\_\_\_\_

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_

*I authorize the above charges.*

Cardholder's Name (Printed) \_\_\_\_\_



# Community Organizations & Sports Groups

## Sports Contacts

Note: Playing seasons and some sign-up dates are listed. For further information, call the contact.

### Baseball

**T-Ball League** (5-6 yrs) - Ray Scarabosio.....689-5543  
League: April-May, Sign-ups in January

**Junior Giants** (7-12 yrs) - Lorry Greenberg.....873-0856  
League: July-August, Sign-ups 2<sup>nd</sup> & 3<sup>rd</sup> Sat. in May

**Peewee League** (8-10 yrs) - Ray Scarabosio.....689-5543  
League March-June, Sign-ups 2<sup>nd</sup> & 3<sup>rd</sup> Sat. in January

**Fall Baseball** (10-14 yrs) - Jim Thiel.....589-4432  
League: August-November, Sign-ups June 9 & 16

**Bronco Division** (11-12 yrs) - John SeEVERS.....871-8493  
League: Mid February-June, Sign-ups end of January

**Pony Division** (13-14 yrs) - Jim Thiel.....589-4432  
League: Mid February-June, Sign-ups end of January

**Colt League** (15-16 yrs) - Dave Stagnaro.....583-3497  
League: Mid May-Mid July, sign-ups last two Sat. in Feb.

**DiMaggio Team** (16-18 yrs) - (Summer)  
Tom Lara.....589-4430  
Bob Nolan.....952-6833  
League: End of May-Mid August, sign-ups in February

**DiMaggio Team** (16-18 yrs) (Winter)  
Tom Lara.....589-4430  
or Lee Graf.....873-6416  
League: September-November, sign-ups in August

**American Legion** (16-18 yrs) (Summer & Fall)  
Lynn Berliner....873-0918  
League: End of May- Mid August & September-Mid November, sign-ups end of February

### Softball

**Girls Minor League** (6-13 yrs) - Bill Bishop.....872-3291  
League: Mid February-Mid May, sign-ups Mid October

**Girls Major League** (13-18 yrs) - Bill Bishop.....872-3291  
League: End of May - Mid July, sign-ups late March

**Men's & Coed League** - Danielle Brewer.....616-7182  
League: Spring, Summer, Fall - April through October

**50+ Daytime League** - Mary Tessier.....616-7152

### Football

**West Bay Rams** (5-15 years)  
Football & Cheerleaders - Kosini Lavulo.....270-1523

**Men's Flag Football League** - Danielle Brewer..616-7182

### Soccer

**A.Y.S.O.** (4-18 years) -  
Trish Estalita or Manny Cotla.....873-2976  
League: Year-Round

**Lowen Soccer Club** - Charlie Rigggenberg.....636-3243

### Bocce Ball

50+ Spring, Summer & Fall - Mary Tessier.....616-7152

### Cheerleading

Ultimate All Stars Competitive Cheer & Dance  
Dee Williams.....504-8015

## Community Clubs & Organizations

### BOY SCOUTS OF AMERICA

Contact Council Headquarters at 341-5633

### FRIENDS OF THE SAN BRUNO PUBLIC LIBRARY

Contact Karen Mayers, President, 952-2035

### GIRL SCOUTS OF AMERICA

www.girlscoutsnorcal.org  
Contact 1-800-447-4475

### BLOOD CENTERS OF THE PACIFIC

Contact 369-8211

### SAN BRUNO 4H CLUB

Farm Phone Number 588-9549  
Contact Pat Bohm at 873-2850 or  
Jane Stahl at 583-7249

### SAN BRUNO AARP

Contact Bill Goff at 583-4499

### SAN BRUNO AMERICAN LEGION

Contact Bill Michelini at 589-3102

### SAN BRUNO CHAMBER OF COMMERCE

Contact Laura Baughman or Deborah Franzella at 588-0180  
www.sanbrunochamber.com  
office@sanbrunochamber.com

### SAN BRUNO COMMUNITY GARDENS

Contact Helen Kiefer at 871-1958  
Garden is located at the south end of First Avenue  
near Lions Field.

### SAN BRUNO LIONS CLUB

Contact Harry Costa at 871-9425  
Posy Parade - 1<sup>st</sup> Sunday in June!

### SAN BRUNO MOTHERS CLUB

Contact 286-7591  
website: www.sanbrunomothersclub.com

### SAN BRUNO POLICE RESERVES

Contact Sergeant Dermot Downes at 616-7100  
ddowns@ci.sanbruno.ca.us

### SAN BRUNO ROTARY

Contact Amy Fink, President, at 624-8252  
www.rotary5150.org

### SAN BRUNO SENIOR CLUB

Contact Bob Miller, President, at 438-5824

### VFW POST 2517

Contact Commander Jim Johnson at 697-1889

# Goblin Grotto



For All Children 10 and Under!  
(all children must be accompanied by an adult)

Thursday, October 28, 2010

\$7.00 per child

San Bruno Recreation Center Gym



5:30-6:15pm ~ Group 1 (Orange Tickets)  
6:45-7:30pm ~ Group 2 (Green Tickets)

Come in costume for Trick-or-Treating, play carnival games, and be enchanted by storytelling! Trick-or-Treat bags provided.

PRE-REGISTRATION FOR THIS EVENT IS REQUIRED.  
Please indicate on registration form, the time slot you desire.

NO TICKETS TO THIS EVENT WILL BE SOLD AT THE DOOR OR ONLINE!

## 19<sup>TH</sup> ANNUAL HOLIDAY BOUTIQUE

Saturday, November 27, 2010

10:00am - 4:00pm

San Bruno Senior Center, 1555 Crystal Springs Road

Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Email \_\_\_\_\_  
Description of crafts \_\_\_\_\_

5x10 space: \$42 Resident, \$53 Non-resident - 5501.403  
10x10 space: \$62 Resident, \$77 Non-resident - 5501.404  
8 Foot Table: \$6 each

### For Office Use Only

Space Number \_\_\_\_\_

Pmt. \_\_\_\_\_

5X10 space \_\_\_\_\_ 8' Table \_\_\_\_\_ 10x10 space \_\_\_\_\_ Total \_\_\_\_\_

All crafts and gifts must be handmade and will be juried. Along with your application please send payment, a self addressed stamped envelope, and pictures of the work you intend to sell to: Holiday Boutique, San Bruno Recreation Services Division, 567 El Camino Real, San Bruno, CA 94066. Registration deadline for the Holiday Boutique is September 17, 2010. Make all checks payable to the San Bruno Recreation. You will be notified by mail of your acceptance.

Note: There are not many large booths in this show. Priority for large booths are assigned to vendors that have been with us previously, but we will try to accomodate all requests.

If you have any questions please call Dee at 650-616-7183, Monday – Friday, 9:00am-5:00pm.

San Bruno  
Community Services Department  
567 El Camino Real  
San Bruno, CA 94066

PRSRT STD  
U.S. Postage  
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San Bruno, CA  
E.C.R.W.S.S.

Residential Customer  
San Bruno, CA 94066

The City of San Bruno Community Services Department  
Presents

# HOLIDAY TREE LIGHTING CEREMONY

Thursday, December 2, 2010  
5:30pm

Come to the front of the Veterans Memorial Recreation Center in San Bruno City Park and join us for the tree lighting. Then stay for the carolers, goodies, visit with Santa and children's crafts.

